

# SHAPE

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## GET SLIM WITHOUT THE GYM

*Sand, hills and stairs are  
your new best friends*

*"Thyroid disease  
changed my life"*

*Celeb Vanessa  
Vanderstraaten  
shares her story*

### YES-CARB DIET

*Eat well in  
the real world*

### THE SMART RUNNER'S WORKOUT

Pg 60



**GAL GADOT  
EXCLUSIVE**

**How Miss Israel became  
Wonder Woman**

**HOW WEIGHT  
LOSS AFFECTS  
YOUR SEX LIFE**

## The garang girl's travel bucket list

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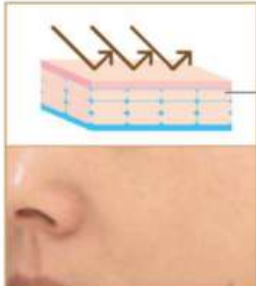
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<p>Skin with <b>insufficient</b> intercellular lipids</p>		<p>Skin with <b>sufficient</b> intercellular lipids</p>	

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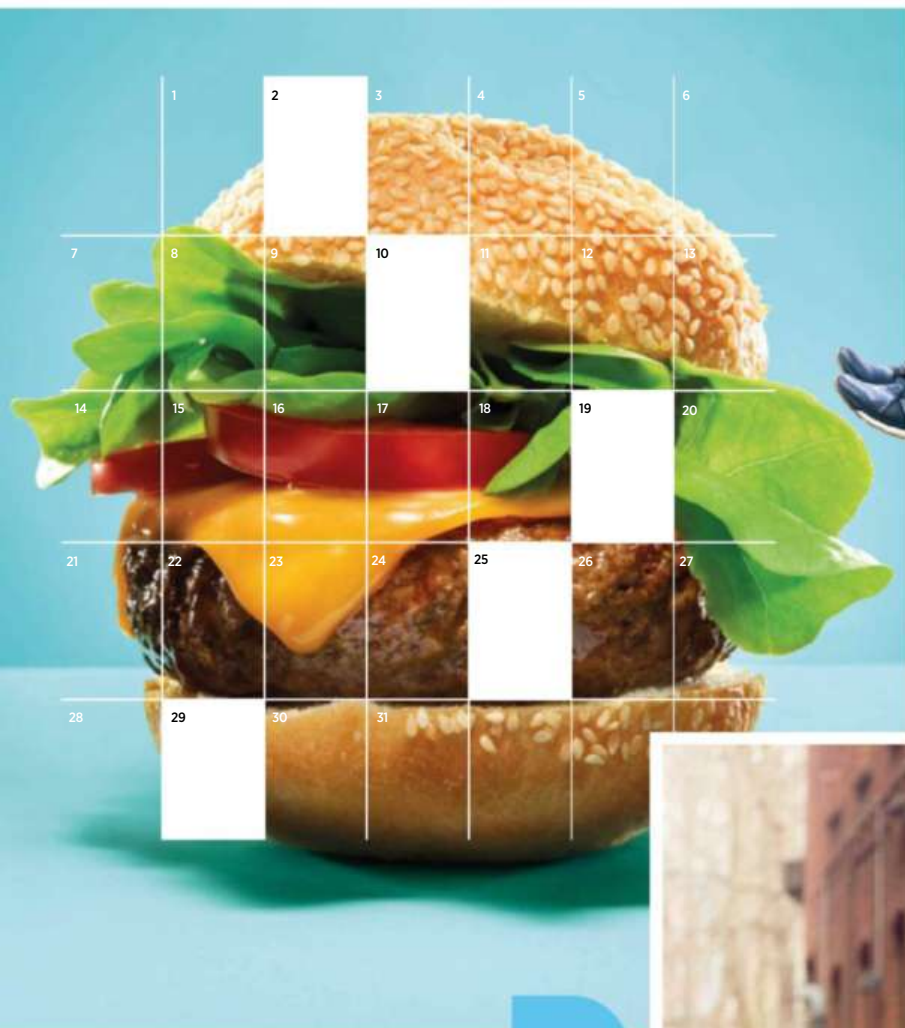


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### TIP #5

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Singapore's  
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Nielsen, 2014



"After endless hesitation, I finally committed to doing something constructive about the extra 10 kgs I'd been carrying around with me since my teenage years. I started eating healthily, began exercising and before long, I started seeing results. I felt incredibly motivated until I noticed stretch marks on my hips and stomach. Luckily a close friend recommended Bio-Oil (she had used it throughout her pregnancy for stretch marks). I have now reached my goal weight and the results have been unbelievable! Thank you Bio-Oil for saving the day!" Vanessa Hartley

# Now November

With the recent smog, we've really missed clear skies and fresh air. My conversations with family and friends have also reflected this change; chats now open with "The haze is really bad today" or "The PSI seems a little lower today", instead of the usual "So what's new with you?"

As we chug along with N95 masks tightly strapped on, I really hope that by the time this edition is published, we'll be able to enjoy blue horizons again. It's so easy to take simple things for granted.

For me, November is the time to take stock of the year. It's when I ask myself: Have I made good decisions over the past months? Am I closer or further away from the things that matter most to me? Depending on my answers, I then make small changes that steer me in the right direction.

This year has been special for me because I got married and moved into a new home. These were big changes indeed. In the process, I've learnt to prioritise and organise my life a little better.

I encourage you to set aside some time for yourself this month to think about what's important to you. It's okay if you've drifted away from your priorities – now's the time to refocus and seize what's left of 2015. Spend more time with your loved ones. Haul your butt off the couch. Get your finances in order (very important before the crazy Christmas spending)!

That way, come Dec 31, wherever you may be, you will be able to say with some cheer: 'Twas a good year.

**LI YULING**  
EDITOR  
(liyuling@sph.com.sg)



## TAKE TO THE HILLS

Head outdoors for a good sweat as soon as the haze clears. Pg 62.

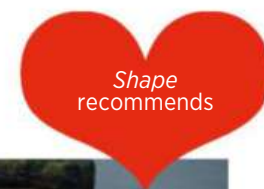


## EAT LESS SUGAR

Save the sweets for occasional treats. Your lady bits will thank you for it. Pg 30.



Shape recommends



## PLAN YOUR NEXT ESCAPADE

As Saint Augustine famously said, "The world is a book, and those who do not travel read only a page." What are you waiting for? Pg 41.



## PERK UP

Yes, you can learn to build better moods and become a happier person! Pg 22.



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YOGA MEETS MUSIC

# THE NAKED AND FAMOUS

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We love the bold colours and fresh flavours of this granola, blood orange and pomegranate salad from @luxelovessg.



The Triangle Pose improves balance and stability, both physically and mentally.



We're spoilt for choice! The Yves Saint Laurent Rouge Pur Couture (\$49 each) collection has the largest range of couture lip colours available.



Trust Benefit when it comes to your eyebrows. Here are some of the brand's bestsellers to ensure yours stay groomed!



Bun Times is a new Hainanese shop for buns with local fillings like curry (Old Chang Kee-style), otah, coconut and even cai po (pickled radish). Check it out at #01-36 Fairprice Hub and #01-38B Century Square.



Get your own My Daily Dose Custom-Blended Serum (\$158) by Skin Inc after doing the online Skin Identity check at [www.iloveskininc.com/skinidentity](http://www.iloveskininc.com/skinidentity).



Ready-made sauces like these from Mekhala come in really handy when you're cooking. More at [www.mekhalaliving.com](http://www.mekhalaliving.com).



The History of Whoo is now available at Tangs at Tang Plaza. This luxury Korean skincare brand is famous for using oriental herbs in their products.



Follow us on Instagram for daily news and inspiring quotes.





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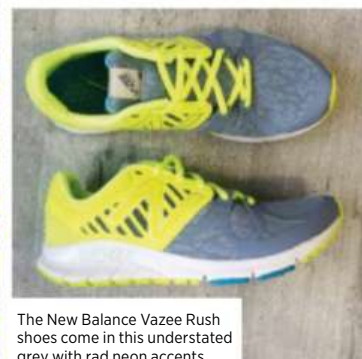
Assembling our lunch from @missionfoods! The all-new 6 Grain wraps go really well with the Grilled Halibut from The Cat Kitchen. Get the recipe at [www.bit.ly/healthywraprecipe](http://www.bit.ly/healthywraprecipe).

Throat feeling weird? Try the new Ricola Honey-lemon and Swiss Cherry herb drops with smooth syrup centres!



Team Shape's own personalised Nutella jar. Create your own label at [www.yournutella.com](http://www.yournutella.com).

Gift idea: The limited edition Urban Decay Wende's Contraband Palette (\$52, Sephora) has six of the founding partner's favourite neutral and bright eyeshadows.



The New Balance Vazee Rush shoes come in this understated grey with rad neon accents.

Midweek motivation!



To remind us to blink and rest our eyes more often, contact lens brand Biotrue sent us these pretty dried blooms that close when you spray them with water. Cute!



Treat yourself to a luxurious at-home spa session with the new L'Occitane Divine Cream Mask (\$194) and 28 Day Divine Renewal Program (\$218).

**In the  
November  
issue...**



**Pg 26** Watch the movie trailer.

More holiday  
inspiration!



**Pg 42** Explore Bali's underwater wonders.



**Pg 60** The latest running gear to buy.



**Pg 84** Grilling accessories for the perfect BBQ.

**PLUS!**



**Pg 100** Get the look with Korean makeup. Only in the digital edition.

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with our  
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# *Shape* **Your Life**

**FIND BALANCE EVERY DAY!**

Learn to master your anxiety and you'll become more resistant to curveballs in all areas of your life.

## **Harness your stress**

Nervous? Good. A small mental shift can turn those nerves you feel during high-pressure situations – a marathon or a work presentation – to your advantage. “When you’re facing a challenge, your heart rate speeds up to deliver additional oxygen, fat, and sugar to your brain and body. Stress hormones, such as adrenaline and cortisol, actually help you use that energy more efficiently,” explains Kelly McGonigal, author of *The Upside of Stress*. The trick? Don’t try to calm yourself. Instead, imagine harnessing the energy boost to fuel you in intense situations.



Time for  
a quick  
soulmate  
search.

## The relationship question you must ask yourself: **Why am I doing this?**

Pay attention to your answer because your motivations for moving in with your man, getting married, or even having a baby can predict how happy you will be down the road, says Rachel Sussman, the author of *The Breakup Bible: The Smart Woman's Guide to Healing from a Breakup or Divorce*. For example, couples who shacked up because it was convenient fought more later on than those who took the plunge purely to get more quality time together, according to a study in *Marriage and Family Review*. So be honest, advises Rachel. If your gut tells you that you're making a leap because you feel you should and not because you truly want to, it may be a sign to pause for now.

## THE HAPPIEST HOUR IS...7PM

Some 5,500 people said so. In a worldwide poll, whenever someone was asked what they were doing at that time, the response almost universally described something pleasant, the *Journal of Personality* reported. Tonight, and every night, make it a point to join the 7pm fiesta. Here's a short list of suggested happiness hits to get you started.

- Go on an aimless drive around town with the windows rolled down and the music turned up.
- Take a pampering bath or shower, using the fancy products you usually save for special occasions.
- Order yourself an extra-nice glass of wine.
- Head outdoors for a leisurely catch-the-sunset run.
- Cook a dish you love for dinner (or go some place nice).
- Microwave popcorn and watch a movie with a friend.



## Exercise = brain booster

When you work out, your brain gets a workout, too. Exercise may boost levels of a specific protein called *klotho*. Recent research shows that women with more of it have better cognitive function. Another reason to fit in 30 to 60 minutes of cardio daily!

SOURCES *FRONTIERS IN PHYSIOLOGY, CELL REPORTS*

# 26%

The drop in how much people stewed on negative thoughts after taking a probiotic supplement for four weeks. Having the healthy bacteria in your gut may bump up your levels of the feel-good neurotransmitter serotonin.

SOURCE *BRAIN, BEHAVIOR, AND IMMUNITY*



# NON-SURGICAL WEIGHT LOSS WITH THE GASTRIC BALLOON: How can I achieve optimal weight loss?



**The Endoscopic Adjustable Gastric Balloon** is a reversible, non-surgical procedure for weight loss. In our last 2 issues we learnt about the benefits, results and what to expect before, during and after this procedure. In this month, **Dr Melvin Look**, Consultant Surgeon in Gastrointestinal, Laparoscopic and Bariatric Surgery at PanAsia Surgery, discusses how to achieve optimal weight loss with the Gastric Balloon procedure.

## Q. What diet plan should I follow after my Gastric Balloon procedure?

Most people need a period of acclimation to get used to the gastric balloon in the stomach after its initial insertion, gradually moving from fluids to semi-solids and normal food over about a week. Once there is no more vomiting or cramps you should aim for a diet plan made up of 3 small-portion meals a day with healthy snacks in-between.

The bulk of the intake should be made up of fruits, vegetables and low glycaemic index foods such as legumes and nuts. Wholegrain versions of foods like bread, pasta and rice are also preferred. Proteins such as tofu, chicken and fish should be added, while dairy products should be taken in moderation. Fatty foods and processed sugars should be avoided or consumed in only small amounts.

Eat slowly, and stop eating once you have finished your small portion or when you feel about three-quarters full. The balloon helps in making you feel full but this satiety usually only occurs about 30-45 minutes later. Stop eating if you experience reflux, heartburn, belching or bloating.

Avoid drinking while having meals but you can sip a small amount of water after each meal to ☐inse<sup>□</sup> the balloon. Aim to drink about 1500ml of fluids for the rest of the day in small slow portions. Avoid alcohol, fizzy drinks, and strong coffee or tea.

The gastric balloon may increase reflux symptoms if you are already pre-disposed to them. Avoid late meals as well as lying down within 2 hours after each meal.

## Q. Do I need vitamin and mineral supplements?

Supplements are not strictly necessary

if you maintain a well-balanced diet after the balloon is inserted. This is unlike certain obesity operations such as the Laparoscopic Gastric Bypass which creates a state of malabsorption in the gut. Sometimes, however, your doctor may advise you to take a simple daily multivitamin and mineral supplement as minor deficiencies in elements such as Thiamine (Vitamin B1), Vitamin A and folate may occur.

## Q. Can I exercise?

Exercise is an essential part of your weight-loss regime, and you should gradually start this once you have fully recovered from the insertion procedure. Aim to brisk walk, jog or do other forms of exercise for 30-45 minutes a day, and for at least 5 days a week.

There is no contraindication to sports or even vigorous games such as tennis, and you should incorporate these to add variety to your exercise plan. Some weight training in the gym is also encouraged as this helps preserve muscle tone and mass.

## Q. What can I do if my weight loss seems to have plateaued?

The weight loss experience varies for different people. Chart your weight weekly to assess your progress. One common experience is a slowing down in the weight loss despite initial good results. This may be due to a decline in your metabolism rate as a natural body reaction to conserve energy stores in the face of weight loss. You can boost your basal metabolism again by increasing the frequency, intensity and duration of your exercise.

Sometimes, however, this does not work and may indicate a need for the gastric balloon to be adjusted. The adjustment procedure is done by endoscopy under sedation and takes about 10 minutes. We

add in another 200-400ml of saline into the balloon and this usually stimulates an extra surge of weight loss. Most patients may require 1 or 2 upward adjustments over the 12-month treatment duration.

## Q. Will I regain the weight I lost once the gastric balloon is removed?

The Gastric Balloon is a short term reversible procedure and is meant to be removed after 12 months. Most people would have reprogrammed themselves to a new normal if they have been diligent in keeping to the diet and exercise plan. It should be relatively easy to maintain the weight that has been lost. Some patients may experience a weight regain and we can try to control this with diet modification and medication if necessary. If this fails, a second treatment period with the gastric balloon may help and we try to do this when the weight regained reaches half the weight lost. This approach with repeated balloon insertions is safe and also effective for individuals who need to lose more weight than what one treatment period alone can achieve.



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Centre for Weight Loss &  
Metabolic Surgery**

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Mount Elizabeth Novena Specialist Centre  
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T: 6570 2608

Parkway East Medical Centre  
319 Joo Chiat Place #04-03  
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[www.PanAsiaSurg.com](http://www.PanAsiaSurg.com)  
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# Take a playcation

*Add a little active fun to your itinerary and you'll return home stronger, leaner, and totally calm.*

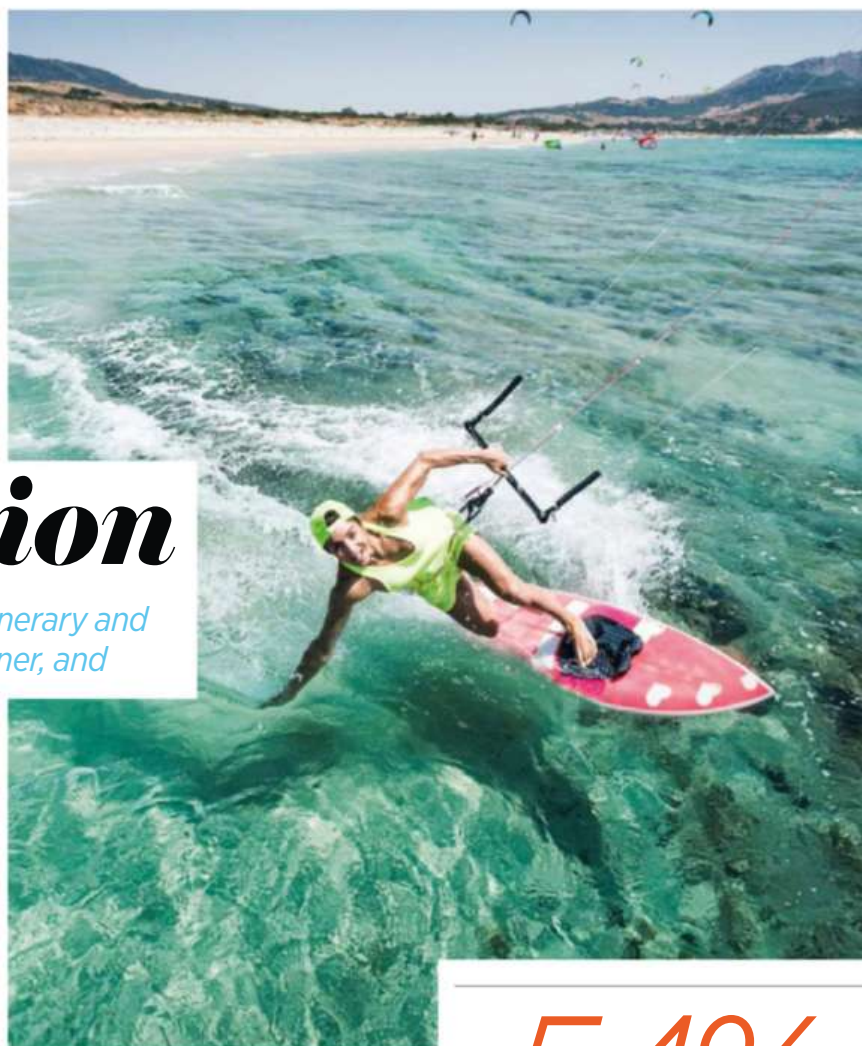
If the mention of adventure travel makes episodes of *Survivor* flash through your mind, take another look at the booming vacation trend, which runs from the mild to the wild. With one-third of people reporting they always gain weight on vacation, according to Trip Advisor, building in some action at your destination could save you from becoming another statistic. Pick a paradise where you can hike, take a surf lesson, or see what rock climbing is all about. The benefits abound.

## Your body moves better

"You're at ease on vacation, so your muscles are more relaxed – especially those in the shoulders and lower back – and you breathe easier," says Paul Arciero, a professor of health and exercise sciences at Skidmore College in the US. That adds up to moving more fluidly, putting you in prime condition for taking on a big day of action, he adds.

## You tap forgotten muscles

With an unfamiliar physical activity, you have to work harder to keep up with the challenges, burning more calories and firming more muscle fibres, Paul says. "If you're a runner, you engage in a linear movement pattern, but when you're climbing, waterskiing or surfing, you're moving outside that pathway – and that's really valuable to



take home because life happens in more than one plane of motion."

## You'll find your happy place

Hit one of the blue zones – the five areas in the world, including the adventure-friendly Caribbean and Mediterranean regions, where people live the longest, happiest lives – and you'll get to experience the active lifestyle responsible for their bliss.

"When you see exercise as an enjoyable part of life rather than something you need to check off, you do more of it and get more feel-good, life-extending benefits because of it," says Kellianne Ricco, the wellness and fitness coordinator for the Four Seasons Resort Costa Rica in Central America, which has incorporated activities such as climbing, stand-up paddling, mountain biking, and zip-lining into its wellness programme.

**"Try a new activity early in your trip. That way, if you end up falling in love, you can always add more of it to your agenda," Art says.**

# 54%

The portion of travellers who say they plan to participate in adventure activities on their next jaunt.

SOURCE THE GEORGE WASHINGTON UNIVERSITY ADVENTURE TOURISM MARKET STUDY 2013

## You'll return refreshed

"An adventure trip requires intense focus on the adventure itself," explains Art Markman, a psychology professor at the University of Texas in the US and the author of *Smart Thinking: Three Essential Keys to Solve Problems, Innovate, and Get Things Done*. "That immersive experience provides psychological distance from the daily stresses of life, so you're able to really, deeply relax." ■



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*Photo by Elena*



# Build a better mood

*Though you may swear it's the case at times, you're not held hostage by your emotions. New research has figured out ways to naturally engineer positivity and make those good feelings last.*

**B**liss is something people are wired to feel only fleetingly, which explains a lot about our propensity for stress. "From an evolutionary perspective, your brain wants to keep you safe from threats, so it pays more attention to negative thoughts and events than positive ones," explains psychologist Erin Olivo, the author of *Wise Mind Living: Master Your Emotions, Transform Your Life*. But that can cheat us out of the exhilaration that enjoying a truly great mood can bring. Now, however, scientists are finding that there are little ways you can train yourself to override that primitive part of the brain, and grow uplifting moments into something powerful as well as enduring. Here's how.

## *Savour the wait*

Anticipation is a happy feeling. Expectations for an upcoming vacation or a special night out cause you to daydream, plan, and talk about the event, which builds the thrill, according to researchers at Cornell University in the US.

You get a psychological bump that is almost as good as the joy you feel during the experience. So you need to milk that prelude: Take time to think about the positive things you've got coming up in the next few months. But don't stop there. Studies show that visual reminders will add extra excitement, so jot the events down on a wall calendar or plug them into your phone, along with little thoughts and actions that lead up to the event.





## BREATHE HAPPIER

When you need to quickly pull yourself out of a funk, try this: Take 10 deep breaths through your nose, and then exhale through your mouth super slowly. "On a very basic level, deep diaphragmatic breathing engages the part of the nervous system that's associated with calm and connection to others," explains Emiliana. So a breathing break, even a short one like this, will instantly lower your blood pressure, slash your stress level, and bring on a feeling of well-being.

**Move even more** Studies continue to prove that exercising your body does amazing things for your brain, like providing more than just the satisfaction you feel after a workout. "Physical activity is the surest way to enhance a good feeling," says Emiliana Simon-Thomas, the science director of the Greater Good Science Center at University of California, Berkeley in the US.

Here's why: Your brain gets flooded with neurotransmitters like dopamine and norepinephrine, which take your mental state from feeling fine to on top of the world. Exercise also helps prevent you from dwelling on anything that might bring you down, busting stress in the process, Erin says. And although the workout ends, that relaxed, elated frame of mind lasts a lot longer.

You've heard it before, but we'll say it again: Find a way to get your heart pumping for at least 30 minutes a day.

**Treating a co-worker to coffee will make her happy - and offer you a more enduring mood lift.**



**Be extra nice today** Do something for someone else, like treating a co-worker to coffee or bringing a cupcake to a friend who could use a pick-me-up. These are small gestures but, according to research from the University of Houston in the US, such specific do-good actions offer a more enduring mood lift than loftier, broader aspirations like being kind to others. Make a habit of following through on one sweet move a day and you'll be the one to win out.

**But be bad too** Intentionally acting out in little ways delivers a thrill in the moment, and will make your mood impervious to doubts that might crop up later, says Robert Leahy, the author of *The Worry Cure: Seven Steps to Stop Worry from Stopping You*. Doing something you know you shouldn't be doing forces you to confront the consequences - and see that they're not as dire as you imagined they would be. As a result, you'll be able to handle stress without losing your good mood.

Misbehave at least once a week. Things like ditching a not-crucial obligation at the last minute or being the loud one at a posh party count. Just don't default to the same bad behaviour repeatedly or it will quickly lose its power. ■

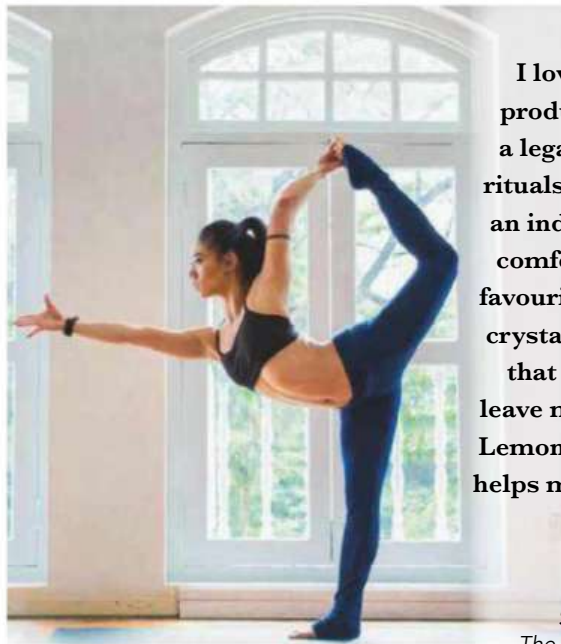
# Work That Glow

Get the most out of your post-workout ritual with The Body Shop new Spa of the World™ range. It promises to revitalise both the mind and body.

If you exercise regularly, you probably have a post-workout ritual in place. Whether it's taking a cold shower, chugging down a protein shake or getting a massage, the goal is ultimately to soothe muscle soreness, promote recovery, and improve performance.

However, a more indulgent experience calls for the new Spa of the World range from The Body Shop. Enriched with exotic ingredients and scents, it brings together some of the most treasured ancient beauty secrets perfected by centuries of wisdom.

To set you on your way to looking as great as you're feeling, treat your skin to the Revitalising Ritual by The Body Shop. Ideal for a post-workout or pre-party pampering session, it incorporates three Spa of the World products, and promises to stimulate the senses, improve circulation and leave your skin soft and glowing.



I love the **Spa of the World** products that are inspired by a legacy of traditional beauty rituals, and designed to give me an indulgent spa session in the comfort of my own home. My favourites: The large, coarse salt crystals of **Dead Sea Salt Scrub** that lift away dead cells and leave my skin glowing. And **Thai Lemongrass Massage Oil**, which helps me to relax and soothes my tired muscles.

Sandra Riley Tang, 1/4 of  
The Sam Willows and co-founder  
of The Yoga Co.



Whether you love swimming, running or just doing weight training, **The Body Shop Revitalising Ritual** will rejuvenate your senses and get you going even after an intense workout.



### STEP 1: EXFOLIATE DEAD SEA SALT SCRUB

The coarse sea salt crystals effectively stimulate circulation as they remove all the grime, sweat and dead skin cells from your body to reveal fresher-looking skin. The scrub, which can be used a few times a week, also contains a blend of top-quality moisturising plant oils that will leave you silky-smooth all over.

**TIP:** Massage vigorously to increase blood circulation. However, if you have sensitive skin, consider a lighter touch.

Dead Sea Salt is precious for its high mineral content and its coarse crystals, the perfect texture to reveal fresher-looking skin.



Mineral-rich Rhassoul clay is treasured by Moroccan women for its skin firming power, tightening skin as it dries.

### STEP 2: TREAT MOROCCAN RHASSOUL BODY CLAY

After a good scrub and rinse, apply this mineral-rich Rhassoul clay, treasured by Moroccan women for its firming power, with The Body Shop Spa of the World Body Mask Brush.

The clay is meant to instantly start to help tone, firm and re-energise your skin, as well as absorb excess water and oil. Once it dries, wash it off with cold water.

**TIP:** To maximise the firming effect, use The Body Shop Bath Glove to remove the dried mask before rinsing with cold water.



For even application of the mask, use The Body Shop Body Mask Brush.



The Body Shop Spa of the World range is available at all The Body Shop outlets islandwide.



The Body Shop Thai Wooden Massager enhances the benefits of the oil.



### STEP 3: MASSAGE THAI LEMONGRASS MASSAGE OIL

Traditional Thai masseuses have cherished lemongrass for centuries because of its revitalising effect on the body and mind.

Here, it is blended with nine other plant extracts into a stimulating massage oil with an invigorating scent. To boost vitality and reawaken the senses, use the Spa of the World Thai Wooden Massager to focus on your body's pressure points after you've rubbed the oil into your body.

**TIP:** Massage upwards and in the direction of the heart encourages good blood circulation.

For centuries, lemongrass has been cherished in traditional Thai massage for its invigorating effect on the body and mind.

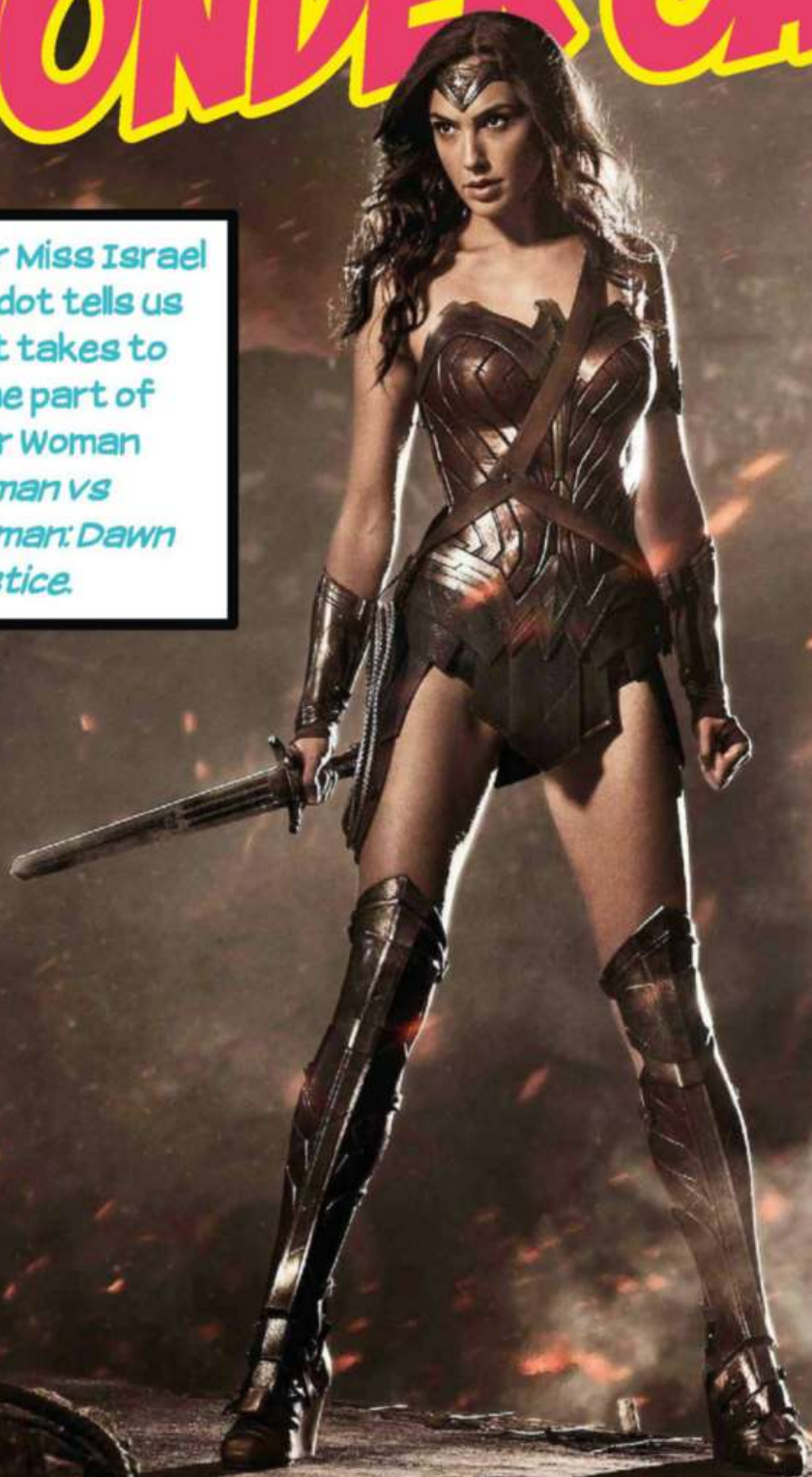


# WONDER GAL

Former Miss Israel Gal Gadot tells us what it takes to land the part of Wonder Woman in *Batman vs Superman: Dawn of Justice*.



TAP FOR  
VIDEO





**A**lready a star in her homeland Israel, supermodel and actress Gal is about to take the world by storm as Diana Prince, also known as Wonder Woman, in the highly anticipated *Batman v Superman: Dawn of Justice*.

With her statuesque physique, Israeli army training and a previous turn in the high-octane *Fast and Furious* franchise, Gal seems a natural fit for the role. But not everyone was convinced.

There were those who disapproved of her casting. Some said she was too skinny to play the iconic super heroine, and ought to be bigger breasted to fill out that famous Wonder Woman costume. Of course, she took this criticism with a pinch of salt.



"All my life I've been dealing with such criticism so I'm immune to it now. I'm thin, but I'm very strong and fit. I'm very inspired by Wonder Woman and I want her to represent the kind of powerful, confident woman that all women can admire," says the 30-year-old, who was a soldier for Israel's Defence Forces for two years.

"My training gave me a strong sense of discipline and responsibility, as well as a good foundation in martial arts."

The role of the powerful Amazonian warrior princess required lots of extra training in swordplay and physical combat, all of which Gal took in her stride. In the movie, Gal did her own stunts too, so her athletic background helped. ►

**"I'm thin, but I'm very strong and fit. I'm very inspired by Wonder Woman and I want her to represent the kind of powerful, confident woman all women can admire."**

"My mother was a gym instructor, so I was encouraged to be very active and do a lot of sports. I danced for 12 years and played a lot of tennis and dodgeball. I'm pretty tall and I really enjoyed playing basketball as a teenager. I couldn't shoot very well but I was very aggressive on defence!" says Gal who towers at 1.78m.

There was, however, one part of the role Gal found harder than expected: handling Wonder Woman's Lasso of Truth. "That was a lot tougher than I thought it would be. The army never trained me for that!" she says, laughing.


Of all the incredible roles she has undertaken, the most meaningful one is being mother to three-year-old Alma. "Raising my daughter has made me so much stronger. I was considering whether it was a good time to have a child and I came to the conclusion that there is never going to be an ideal moment. Having my daughter has brought me both a lot of energy and a lot of good luck!"



**"Raising my daughter has made me so much stronger. I was considering whether it was a good time to have a child and I came to the conclusion that there is never going to be an ideal moment."**

With two more films lined up as part of the DC Comics franchise (*Justice League* and *Wonder Woman*), as well as parts in next year's *Criminal Minds* opposite Ryan Reynolds and Kevin Costner, and crime drama *Triple Nine*, Gal is on her way to becoming a great role model, not only for her daughter, but for all women.

The new Hollywood player has also been named as the face of the recently launched Gucci fragrance, Bamboo. The advertising campaign features the towering beauty fencing, dancing, driving, and playing the piano naked.

However, we only get to see her back in the ad. "It's meant to convey the liberation and celebration of a woman who embraces her femininity," says Gal. "She feels beautiful and free and is happy in her own skin in every sense." Just like how the real Gal is. 

*Batman v Superman: Dawn of Justice* will be in cinemas next March. In the film, Gal Gadot stars opposite Ben Affleck as Batman and Henry Cavill as Superman.





# *Live* Healthy

**ARM YOURSELF WITH KNOWLEDGE!**

## Are you sitting properly?

Keep both your feet planted firmly on the floor. Crossing your legs bumps up your blood pressure slightly, a recent study found. This may increase your risk of spider veins, warns Dr Irving Herling, the director of clinical cardiology at Lankenau Medical Center in the US. This position also throws your hips out of alignment, which can trigger aches.

If you can't break the habit, switch the position of your legs every five minutes and take a five-minute walk every hour.



# Fall asleep faster

Experts have been repeatedly telling us not to watch a screen when we want to doze off (that blue light is as stimulating as sunlight). Now they are suggesting we curl up in bed with Youtube for one weird and apparently effective sleep remedy: to watch people whispering and brushing their hair!

These clips seem to put viewers into a relaxed, drowsy state by triggering a pleasurable tingling sensation in the head and back that pros call autonomous sensory meridian response (ASMR).

"The phenomenon hasn't been studied, but anecdotal evidence suggests that it can work," says sleep neurologist Dr Carl Bazil, director of the Department of Neurology's Sleep Center at New York-Presbyterian/Columbia University Medical Center in the US.

In fact, thousands of insomniacs report drifting off shortly after watching these videos. The muffled sounds in the clips might act as a kind of white noise or form of self-hypnosis, both of which have been shown to induce sleep, Dr Bazil explains. To try it, search for ASMR on Youtube and dim your screen before watching.

## Can too much sugar cause gynaecological problems?

Yes, says Dr Scott Sullivan, an associate professor of obstetrics and gynaecology at the Medical University of South Carolina in the US. Going overboard on simple sugars, like those found in cookies, cakes, candy, and even white flour, can make your vaginal pH less acidic. This reduces your ability to fight off the microbes that cause bacterial vaginosis and yeast infections, he explains. Plus, these microbes use sugar as food, so the more you eat, the more they thrive.

When you're in the mood for something sweet, opt for fruit or another natural source. Also, eat plenty of probiotic-rich foods like yogurt, kefir – a cultured, creamy milk product with a tart, refreshing flavour similar to a drinking-style yogurt – and miso soup, Dr Sullivan says. They'll bolster your body's defence against infectious bacteria.



## KILL A CRAVING

YOU,  
DESPERATE  
FOR CANDY



A SHORT WALK  
(just 15 minutes)



19%

REDUCTION IN  
YOUR DESIRE  
FOR SUGAR





# “ EXERCISE, DIETING OR SLIMMING PILLS DOESN'T SEEM TO WORK? DO YOU HAVE THE FOLLOWING PROBLEMS OR CONCERNS? ”

- Unable to lose weight
- A bulgy tummy that is hard to get rid of or flatten
- Feeling congested/bloated after meals
- High cholesterol or sugar level
- High visceral or body fat
- Feeling lethargy

## 3 Weeks “H-system” Repair Program

For both men and women, a healthy “H”-system would efficiently regulate the intake and removal of fats from your body. However, when it is weakened or in a malfunction state, it is unable to function effectively and thus, resulting in weight gain. Your body is therefore aging at a faster rate as your metabolism decreases extensively. This deterioration is usually caused by an unhealthy lifestyle, accumulation of toxins, eating habits, hormonal change and lack of sufficient rest.

When you gain weight, your body grow new fat cells and they remain in you even when you have lost some flabs later. Therefore, your body is prone to “rebound” with a “yo-yo” cycle. Toxins accumulated from chemic al-based supplements, medications and processed food are retained in the body as our body is unable to digest them naturally.

This would usually resulted in a congested or damaged “H”-system and lead to accumulation of visceral fats. If your body has an unhealthy level of visceral fat you may tend to gain weight easily as your body fat is unable to pass through your organs. This is also the reason as to why you can't seem to lose weight.

This 3-week program is designed to repair your “H”-system which is responsible in breaking down your body fats, metabolic-rate and aging process of the body. It would help to re-balance your sugar and cholesterol levels. Also, it would convert your stored fats into energy resulting in an average weight loss of up to 6kg. It is suitable for people who have tried all slimming approaches but to no avail with lasting results. With the use of natural liquid herbal blends, H-system Repair Program is user friendly to all individuals including one who is on medications and even lactating mummies.

Detoxify your body and lose your body fats with no rebound. Reset your metabolic-rate and regain overall health and wellness.

### SUITABLE FOR ONE WHO WANTS TO ACHIEVE:

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- Jumpstart your metabolic rate
- Elimination of fat cells
- Reduce your body and visceral fats
- Improve sluggish digestive system
- Rebalance your sugar level
- Regulates your cholesterol and hypertension level
- Promote better sleep
- Improve vitality
- Better absorption of nutrients
- Balance your hormones level
- Detoxify your body

BEFORE AFTER



I was stuck with my weight and nothing works for me then. I was easily tired and feeling lethargic all the time. It seems like all my sleeps are not helping. After my 10 weeks of BodyReveso follow-through program, I lost 29kgs. It changed my life completely! I never thought I could put on my old clothes which I have 7 years ago and feel so good now. When I went back to the slimming centres and finish up my sessions which I have previously bought, the results were so much better and they helped me to lose another 5kgs! I am living a new chapter of life which I never thought possible.

## BODY DETOX WAVE-LENGTH TRIAL SESSION @ \$32

- Unclogging toxins and waste in our body system
- Improving your quality of sleep

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## FRESH FEELING

The new **Bausch + Lomb Biotrue OneDay** contact lenses (\$60 for a box of 30) contain 78 per cent water – the same water content as the cornea. The material is said to retain 98 per cent of moisture and optical shape even after 16 hours of wear. We tried the lenses for a month and found them very comfortable indeed.

Just be careful not to wet them during your midday post-workout shower as your eyes might feel drier afterwards. Log on to [www.biotrue.com.sg](http://www.biotrue.com.sg) for a free five-day trial kit.



## CHEMICAL-FREE CLEANERS

You want your home to be a healthy zone, but household cleaners labelled non-toxic or organic are not necessarily risk-free. According to a new study from the University of Melbourne in Australia, some give off potentially harmful chemicals in a gaseous form.

Try these fume-free de-germers by Becky Rapinchuk, the author of *The Organically Clean Home: 150 Everyday Organic Cleaning Products You Can Make Yourself – The Natural, Chemical-Free Way*.

### All-purpose cleaner

½ cup white vinegar  
+ 2 cups water  
+ juice of 1 lemon  
Do not use on marble or granite.

### Wood polish

½ cup olive, almond or fractionated coconut oil  
+ juice and peel of 1 lemon  
Combine ingredients a day in advance for best results.

### Bathroom disinfectant

½ cup white vinegar  
+ ½ cup vodka or rubbing alcohol  
+ 20 drops tea tree oil

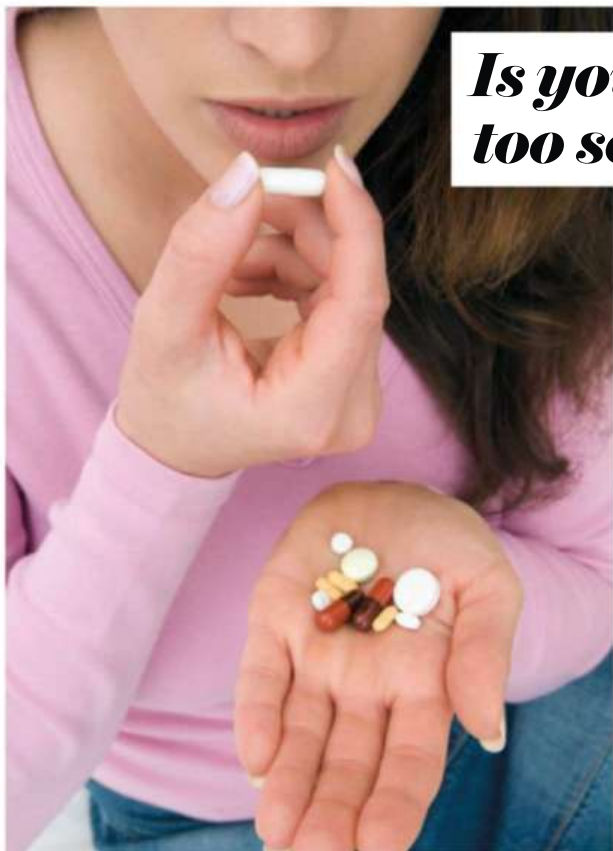
### Glass cleaner

2 cups water  
+ 2 tbsp white vinegar  
+ 2 tbsp rubbing alcohol

## Is your supplement too souped-up?

Here are four nutrients you definitely don't want to overdo: selenium, folic acid, vitamin E, and beta-carotene (which your body converts into vitamin A). Researchers at the University of Colorado Cancer Center in the US looked at 20 years' worth of studies and found that exceeding the recommended intake of any of these doesn't cut your cancer risk.

In fact, they increase it by up to 20 per cent. Unless your doctor says otherwise, change your multivitamin if it contains more than 100 per cent of the recommended dietary allowance of these nutrients, suggests Dr Tim Byers, lead researcher and director for cancer prevention and control at the centre.



# 113%

The rate at which the number of driving mistakes people make increases when they're dehydrated. This is on par with people who've been drinking alcohol. Fight brain fatigue by swigging at least 200ml of water for each hour that you're in the car.

SOURCE **UK'S LOUGHBOROUGH UNIVERSITY**



# kiss92<sup>FM</sup>



TUNE IN TO SINGAPORE'S #1 ENGLISH  
BREAKFAST SHOW FOR WOMEN \*

**MADDY, JASON & ARNOLD  
THE MORNING**  
WEEKDAYS 6 - 10AM

\* ACCORDING TO THE SINGAPORE PULSE SURVEY, MARCH 1, 2014

**CLARESSA MONTEIRO**  
WEEKDAYS 10AM - 1PM



**CHARMAINE YEE**  
WEEKDAYS 1 - 4PM

**JOHN KLASS**  
WEEKDAYS 4 - 8PM



**ON AIR WITH  
RYAN SEACREST**  
WEEKDAYS 8PM - 12AM

**LORETTA LOPEZ**  
SUNDAY 12 - 6PM





# Hyper- what?

When Vanessa Vanderstraaten found out she had hyperthyroidism earlier this year, she was shocked. Now she's bounced right back and is ready to spread the word about the disease.

BY DAWN CHEN PHOTOGRAPHY TAN WEI TE



**O**n the surface, everything appears to be going well for 27-year-old actress-host Vanessa Vanderstraaten. She's got the looks, a good career, and a sweet relationship with fellow Fly Entertainment artiste Andrew Lua to boot.

The effervescent Eurasian also has a lead role as single mother Ho Min Yi in *Lion Moms*, a Channel 5 drama series. Watching her radiate such energy and positivity on set and off, it's hard to imagine Vanessa has been battling hyperthyroidism since April this year.

**NOTICING THE FIRST SIGNS** It all began when Vanessa started losing weight without changing her lifestyle. Despite eating more than usual, the numbers on the scale kept dropping.

"Back in April, I was really eating like a pig," she says with a laugh. "I was hungry every two hours, and my typical daily meal plan went like this: breakfast, snack, lunch, snack, tea, dinner, snack, snack, supper!" Despite her voracious appetite, she lost 4kg within a month.

Vanessa also noticed uncontrollable shaking in her hands. This hindered her work, especially when she took on hosting gigs. "I remember presenting a show where the setting was intimate, and the audience stood close to me. I had the mic in one hand, and cue cards in the other. Both my hands wouldn't stop trembling. I was so embarrassed, I tried crossing my arms to stop them from shaking so much."

She also experienced irritability, heart palpitations and a higher than usual body

temperature. "It felt as though I was perpetually experiencing PMS. Nothing I did would make me calm down."

She also recalls two worrying episodes where her heart started hammering hard and fast while she was lying down in bed. Her arms tingled from the elbows to her hands, and the sensation lingered for a long time before she eventually fell asleep.

**GETTING DIAGNOSED** Although a seasoned performer, Vanessa wondered if she'd suddenly developed an anxiety disorder or stage fright. Why else would she be shaking so much? It actually took a friend to point out that she might be experiencing symptoms of hyperthyroidism before she realised that what she had could be something more serious.

When the symptoms did not go away, Vanessa sought help in May. Her doctor did a thorough examination and diagnosed that she had Graves' disease – an immune system disorder that results in the overproduction of thyroid hormones (hyperthyroidism) triggered by a malfunction in the body's immune system. Secreted by the thyroid gland, these hormones are meant to regulate the metabolism – the rate at which food is converted into energy. They also affect one's heartbeat, body temperature, muscle strength and appetite.

Excess thyroid hormones speed up metabolic functions and cause symptoms Vanessa experienced, like heart palpitations, sweating, trembling and weight loss.

**“I was lying down when my heart started hammering hard and fast, and my arms tingled from the elbows to my hands.”**

She was shocked when the doctor told her she had Graves' disease. "I didn't expect this to happen to anyone my age." However, she soon learnt that the condition is actually the most common cause of hyperthyroidism – and it usually affects younger women.

**CHANGING WAYS** Since the diagnosis, Vanessa has made multiple lifestyle adjustments. As part of her treatment plan, she has a year-long course of medication that she's taking. She also has to go for blood tests every other month to check her thyroid hormone levels. In most cases of hyperthyroidism, the first line of treatment is anti-thyroid medication to prevent the thyroid gland from over-producing hormones. Once thyroid hormone levels are within the normal range and the condition is in remission, it's possible to stop medication completely unless a relapse occurs.

"Whenever I'm filming outdoors, I feel warmer than usual, so I make sure I'm adequately hydrated," she says. "My basal body temperature is now higher than usual as my body is working at super speed."

And since her body now burns calories faster and longer than it normally should, Vanessa has had to cut back on cardio activity to avoid overworking her heart and body. She has also traded her favourite zumba sessions for lower-impact Body Balance classes, as well as slow jogs and walks on the treadmill.

"I choose workouts that let me control how fast I go. This is so I can bring the speed down and control my breathing any time I feel like my heart is racing too fast," she says. ▶

The illness has not only impacted her physically, but psychologically as well. Her self-esteem definitely took a hit. "While I didn't become depressed about my condition, I didn't feel great about it either. After losing so much weight, my boobs shrank, my butt disappeared, and my favourite clothes no longer fit. I also lost all my muscle tone, and didn't feel sexy anymore."

In a world where celebrities are often judged by their appearances, Vanessa has, ironically, received many positive comments about her recent weight loss. "People kept telling me I was sample size, and that I looked amazing," says Vanessa. "I found myself in situations where I'd be complimented on how slim I was, and when I tried to explain that I had hyperthyroidism and was on medication, I'd get inappropriate responses like 'You're so lucky! Now you can eat whatever you want.' It was bizarre." This made Vanessa wonder why people prioritised looks over health – it seemed so superficial.

**KEEPING HER CHIN UP** Despite this curveball, Vanessa embraces life as her usual, cheerful self. She attributes her jovial attitude to the support she's received from loved ones. "My parents have been very concerned about my well-being, and Andrew's been extra caring as well. He's extremely bubbly. Negativity just bounces off him through sheer force of positive thinking, and that really keeps me going," says Vanessa. Playing with her two cats, Bugger

“It was a wake-up call for me to be more attuned to my body, and not take it for granted.”

and Bella, keeps her calm and happy, too. "The small things in life keep me sane."

Vanessa is also focused on seeing the silver lining. "Being diagnosed with hyperthyroidism was a wake-up call for me to be more attuned to my body, and not take it for granted," says Vanessa. "I encourage everyone to be aware of what your body is like when it's functioning normally. That way, it's easier to notice if something is amiss."

Beyond that, Vanessa also hopes that speaking up about her experience will lessen the stigma surrounding disease. "People need to understand that this is something that can happen to anyone, and they shouldn't be embarrassed when something's not right. You've only got one body – and you have to take good care of it." ■

### BE ALERT

Common signs and symptoms of hyperthyroidism include:

- Anxiety, shaking, feeling nervous or irritated
- Fast heartbeat or palpitations
- Feeling hot
- Loss of weight
- Fatigue, exhaustion
- Increased frequency of bowel movements
- Changes in menstrual periods

SOURCE: HEALTH PROMOTION BOARD OF SINGAPORE





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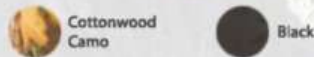
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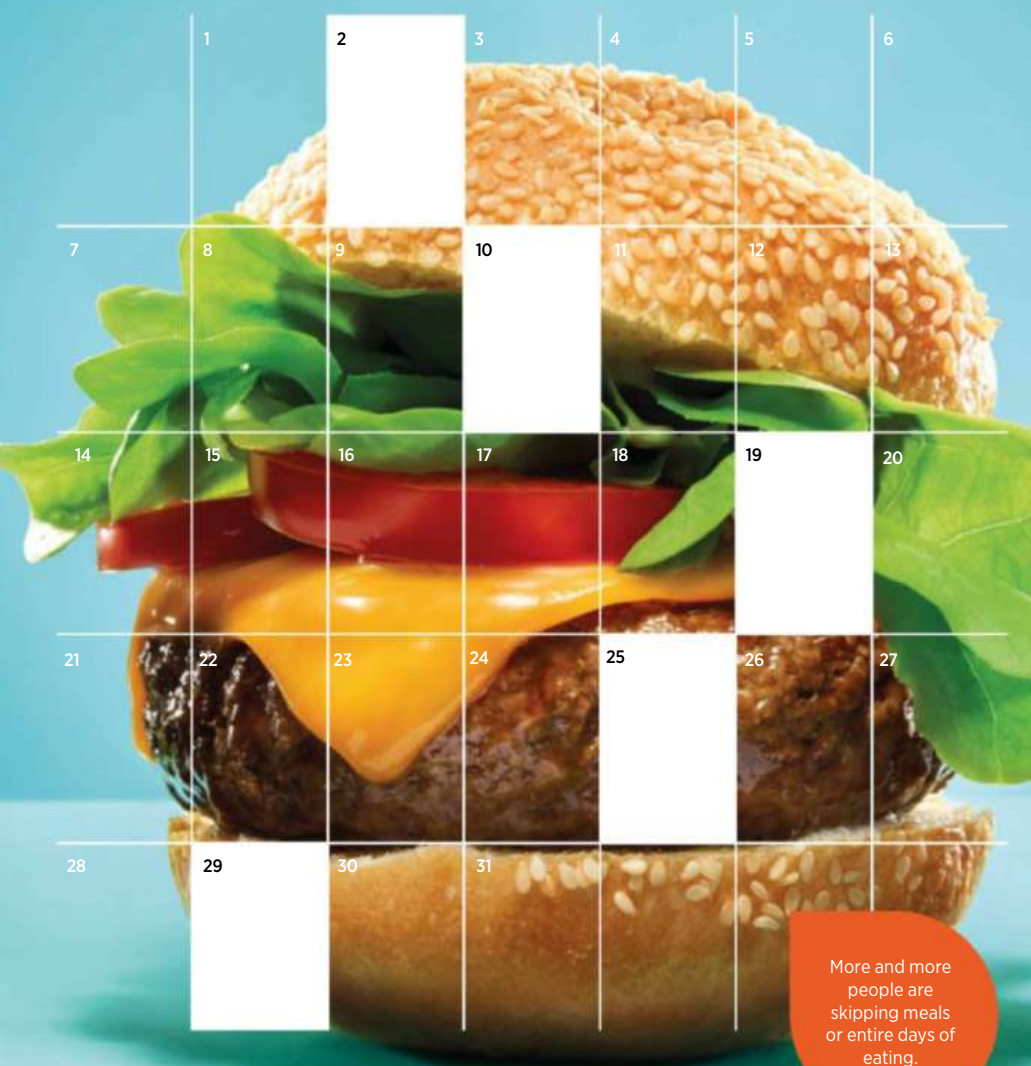
**LIV ACTIV**  
ACTIVE GEAR

#02-08 orchardgateway (Above Somerset MRT)

#01-623 Suntec City Mall (Tower 3)

# Missing something in your diet?

*Science finds that mini fasts can lead to weight loss, better energy, and even a longer life. But are they safe?*



More and more people are skipping meals or entire days of eating.

Imagine an eating plan that has you fast for a period of time – usually between 16 and 36 hours – and then eat as much food as you want for eight hours or more. It's called intermittent fasting, and according to some research, you'll lose weight.

While you're fasting, your body runs out of its primary source of fuel, glucose from food, and instead it begins to get energy by converting usually tough-to-budge fat stores into compounds called ketones, explains Mark Mattson, the chief of the Laboratory of Neurosciences at the National Institute on Aging in the US. "Besides helping you shed kilos, ketones keep your blood sugar levels steady, which is why people often feel more energetic during a fast."

Once you start eating again, your body begins burning glucose and your blood sugar fluctuations increase. But because you're restricting your meals to specific windows of time, your blood sugar stays steadier than it would if you were eating regularly. Mark's studies show that this makes your body more sensitive to insulin, which may help reduce your risk of diabetes and heart disease in the long term.

The most groundbreaking research suggests that intermittent fasting can help lengthen your life. Doctors at the University of Florida College of Medicine in the US found that people who followed an alternate-day fasting plan for three weeks experienced increased activity of a gene called SIRT3, which helps protect cells against age-related damage. The reason: Research shows that fasting induces a low level of stress (the same healthy kind caused by exercise), which encourages cells to rev up their natural defences against illness.



## As usual, there are drawbacks

A number of experts say the potential pay-offs aren't worth it. While you can drop kilos on a fast, the weight loss is not as dramatic as you might expect. In a study published in *Nutrition Journal*, women who followed an alternate-day plan shed 5kg in four months, a bit less than the 0.5kg a week most experts say is safe.

Also, the strategy is difficult to sustain, which you must do to keep the weight off, says Susan Roberts, a professor of nutrition at Tufts University in the US. "You really have to ask yourself: 'Do I want to starve myself regularly or eat moderately all the time?'" she says.

Intermittent fasting is also a lot of work. You have to plan everything – social events, workouts, special occasions – around your fasts. "You can't just grab a meal with friends or family, and that can feel isolating" says dietitian Marjorie Nolan Cohn, a spokeswoman for the US Academy of Nutrition and Dietetics.

Nor can you do your regular gym routine. While certain plans allow you to exercise moderately for up to 45 minutes on fasting days, Marjorie says that working out too hard or for too long during a fast can cause you to burn muscle tissue instead of fat, making you more susceptible to injury.

Worst of all, you may be setting yourself up for dangerous nutritional deficiencies. Fasting means you're taking in fewer calories overall, so it's important to fill up on healthy food, Susan says. But many people feel so deprived that they binge on things like French fries and cookies, and come up short on protein, fibre, and vitamins.

## At least if you're going to try, do it right

If you still want to give intermittent fasting a shot, talk to your doctor first. Women who are breastfeeding or pregnant, have a pre-existing condition like diabetes, or have a history of eating disorders should not fast, Marjorie warns.

If your doc gives you the okay, expect the first two weeks to be the hardest, says Krista Varady, an associate professor of nutrition at the University of Illinois at Chicago in the US and the author of *The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off*. During this time, drink plenty of water and keep low-cal snacks like fruit and hummus on hand in case you start feeling dizzy or too "hangry" to function.

For the small meals that most fasting plans allow (see box), fill up on fibre- and protein-rich foods, such as chicken breast with vegetables, so you can stay satisfied longer. Krista says that once your body adjusts to fasting, the hunger should subside and the extra energy should kick in. "In our studies, about 90 per cent of participants were able to stick with the diet," she says.

On your eating days, you can forget calorie counting and eat until you feel full. At first, Krista admits, that will probably mean splurges – heaping servings of pasta and dessert after every meal. But once the novelty of unrestricted eating wears off, she says, most people learn to tune in to their hunger cues and settle into their usual food habits, consuming about 110 per cent of their normal calorie intake.

Still, "Eat as much as you want" isn't the same as "Eat whatever you want." Get plenty of fruits and vegetables, fibre, healthy fats, and lean protein, Marjorie advises. Beyond that, different fasts have different food guidelines, and nothing is totally off-limits. So yes, you can have a cheeseburger. Just eat a side of veggies with it. ■

## FAST FACTS

Intermittent fasting plans are not one size fits all. Get the low-down on four of the most popular methods.

### 1 The Every-Other-Day Diet by Krista Varady and Bill Gottlieb

**THE PLAN** Fast for 24 hours, eat freely for 24 hours.

**THE FAST** You're allowed one 100-calorie snack and one 400-calorie high-protein meal, or a single 500-calorie lunch or dinner per day.

**THE FEAST** Eat whatever you want, whenever you want.

### 2 The Warrior Diet by Ori Hofmekler

**THE PLAN** Fast for 20 hours, eat for four hours.

**THE FAST** You're allowed a few servings of raw produce or fresh juice, a few high-protein snacks (like an egg or yogurt), and unlimited coffee, tea, and broth-based soups.

**THE FEAST** Eat as much as you want, but in this order: vegetables and then protein. Then, if you're still hungry, carbs or fat.

### 3 The Fast Diet by Michael Mosley and Mimi Spencer

**THE PLAN** Fast for two days (they don't have to be consecutive), eat for five days.

**THE FAST** You're allowed 25 per cent of your usual calorie intake (around 500) from veggies and lean meat.

**THE FEAST** Eat your normal diet, without counting calories.

### 4 Eat Stop Eat by Brad Pilon

**THE PLAN** Fast for 48 hours straight each week, eat for five days.

**THE FAST** No food is allowed, but you can sip on calorie-free beverages like water and tea.

**THE FEAST** Follow your usual diet, eating what you like in moderation.

**Some research shows that intermittent fasting might boost weight loss and even longevity, but a number of experts say it may not be worth it.**



# Your love life after weight loss

*You may look and feel sexier than ever, but remember that your relationship with your guy goes through an adjustment too – regardless of whether you’ve dropped 10 or 30 kilos.*

**Y**our appearance, your lifestyle choices, and how much you weigh are all factors in the balance of a relationship, like it or not. “When weight changes, your dynamic can get thrown off,” says Sarah Varney, author of *XL Love: How the Obesity Crisis Is Complicating America’s Love Life*. Watch for these scenarios and you’ll be prepared to address the most common love issues that come up.

● **Your sex life is suddenly on fire** Slimming down often sends your libido sky-high. Instead of worrying about how big your belly is or what your butt looks like during sex, you’re free to concentrate on pleasure. In fact, according to researchers at North Carolina State University and the University of Texas at Austin in the US, who studied couples in which one partner had shed 13.5kg or more, most have a better sex life after weight loss.

If your marriage has been in a sexual drought until now, the two of you may need to work on getting back in sync. Don’t panic

if it doesn’t happen right away. Kiss him, flirt, re-establish an intimate connection – and be the one to initiate sex. Hey, you have lost time to make up for!

● **Your guy may be secretly jealous** You’re eating better, exercising, and feeling great – but unless your partner was on this journey with you, he’s stayed the same. “He’s probably feeling a little insecure, and if you’re getting attention from other men, he may also feel threatened,” says Tina Tessina, a psychotherapist and author of *Money, Sex, and Kids: Stop Fighting About the Three Things That Can Ruin Your Marriage*. He might even try to derail your new fit lifestyle.

In the earlier mentioned study, spouses who reported feeling left out after their partners’ weight loss sometimes turned to sabotage, urging them to eat unhealthy treats.

The best thing to do in this situation is to talk frankly to your guy. “Explain why being healthy is so important to you,” Tina says. “Tell him you need his support, and encourage him to join you in exercising and eating healthy

meals.” Don’t nag or criticise him, she warns. Instead, explain that doing these things together will ultimately bring you closer.

● **You’re just not that into him anymore** It’s sad and it’s difficult, but it happens. You drop the weight and you realise he’s no longer right for you. He may have even been part of the reason why you put on the kilos in the first place.

“Once I started losing weight, I realised I had to leave my fiancé, says Eve Parker, a life coach in the US. “I gained a lot after being with him.” Deciding you may want to move on is hard, to say the least. Take some time to think about what you really want in a partner, Eve says.

If your guy isn’t giving you what you need, be honest and tell him the relationship isn’t working. And if the situation doesn’t change in the future, end it for your sake, Eve says. “Don’t settle for less than you deserve.” ■



# THE GIRANG GIRL'S TRAVEL BUCKET LIST

Consider yourself plucky and outdoorsy? Then make sure you visit these destinations for once-in-a-lifetime experiences.

BY GEMMA THOMAS





## Snorkel with manta rays IN BALI



**M**anta rays are some of the most majestic sea creatures. And there are few places in the world where you can watch these ocean giants as you snorkel. Also, as they are extremely fast swimmers, a blink is enough to miss one as it passes under you.

Thankfully, a cleaning station (a place on the coral reef where certain fish and shrimp, known as cleaners, pick parasites and dead skin off other creatures) in Nusa Penida, an island south-east of Bali, draws them to the shallows. Here you can get a good, long look at them as they circle the rocks beneath you.

For the best view, dip your head below the surface to admire their slow graceful movements. The reef mantas found here may not be the biggest in the world but their impressive size (at least 4m across) and proximity will leave you mesmerised.

**GETTING THERE** Manta Point, off Nusa Penida, is an hour away (by boat) from Sanur in Bali. Transfers from your hotel in Sanur can be arranged. Tip: A transfer can be quite choppy so be prepared if you're prone to seasickness.

**WHY YOU MUST TRY IT** Coming face to face with a gentle giant of the sea is humbling and unforgettable.

**FOR MORE INFO** [www.balidiving.com](http://www.balidiving.com)



# Explore

## ANTARTICA

**T**here is nowhere else quite like Antarctica on the planet. If you have the chance to go, grab it with both hands. The seventh continent is rugged and inhospitable — a place that has to be seen to be believed. For those willing to step out of their comfort zone, an adventure that will forever linger in your mind lies ahead.

The expedition boat that will bring you to Antarctica from South America is stable enough to safely pass through some of the roughest seas on earth, and amply comfortable to serve as your base for the entire trip. Your first sights of this final frontier will be imposing mountains and spectacular icebergs.

Put on your hiking shoes and venture out onto the ice to encounter huge colonies of penguins so curious about humans that they'll waddle right up to you. You'll also appreciate the tranquillity that comes from exploring the coast by sea kayak as you come face to face with whales, penguins, seals and icebergs.

For those brave enough to plunge into the freezing waters in scuba gear, you will be rewarded with views of the ice from below and the chance to see the leopard seal, one of Antarctica's top predators, on the hunt.

**GETTING THERE** Trips to Antarctica depart from South America between December and March. Antarctic Peninsula trips usually start from Ushuaia in Argentina. The southernmost city in the world, Ushuaia is served by regular flights from Buenos Aires and Santiago in Chile. If you're driving, Ushuaia also marks the end of the Pan-American Highway.

**WHY YOU MUST TRY IT** Bragging rights. If you love the outdoors and are passionate about exploration and wildlife, this has to be one of the most exhilarating destinations in the world –

and probably one of the most rewarding adventures you'll ever have!

**FOR MORE INFO** [www.rowadventures.com](http://www.rowadventures.com);  
[www.southernseaventures.com](http://www.southernseaventures.com);  
[www.adventurehigh.com](http://www.adventurehigh.com); [www.aqua-firma.co.uk](http://www.aqua-firma.co.uk)



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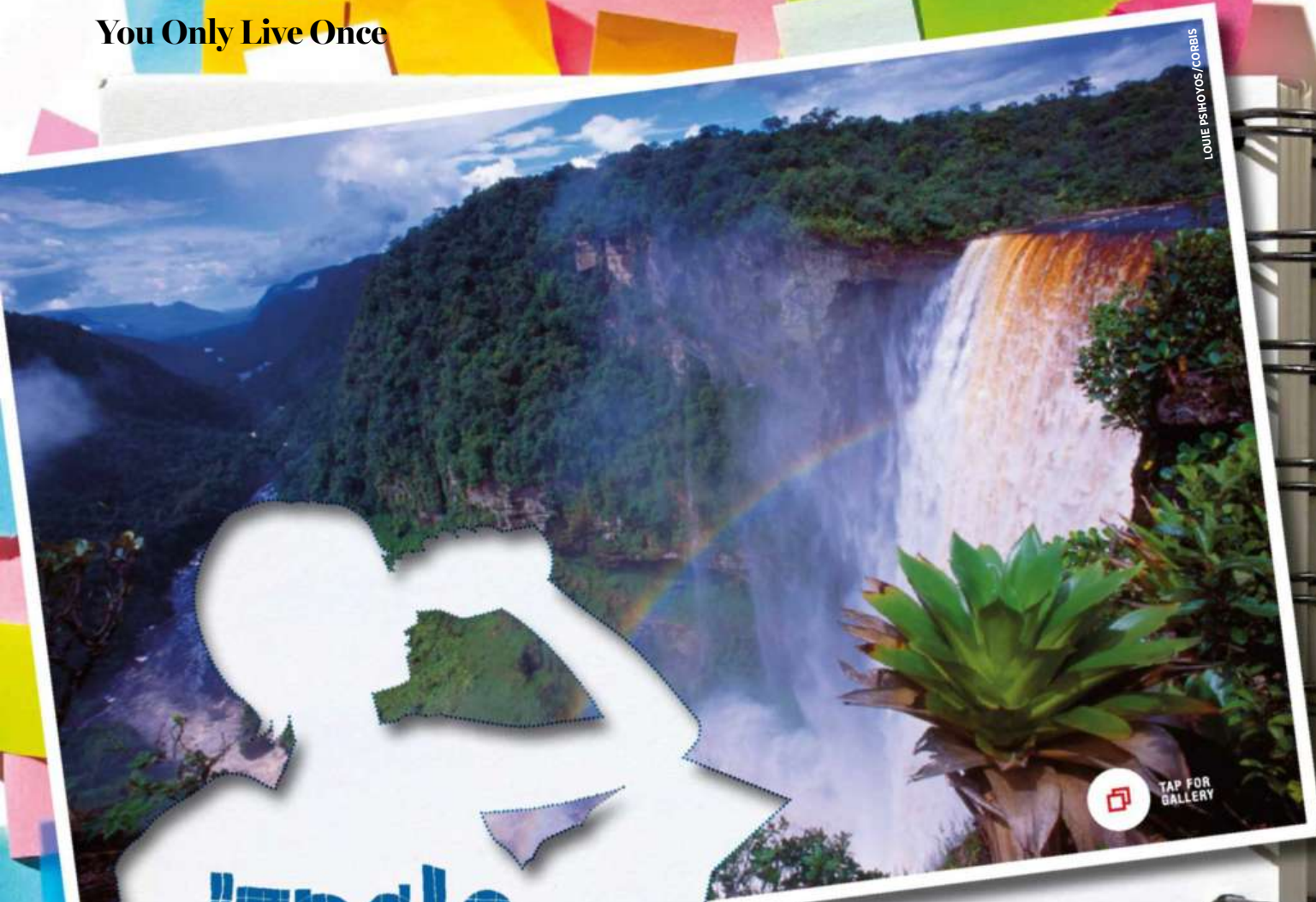
RICK PRICE/CORBIS



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You Only Live Once



LOUIE PSHOYOS/CORBIS



TAP FOR GALLERY

# Jungle Trekking IN GUYANA



KEREN SU/CORBIS



STAFFAN WIDSTRAND/CORBIS



NOULU PHILIPPE/HEINIS/CORBIS





KEREN SU/CORBIS



MICK BAINES & MAREN REICHELTY/ROBERT HARDING WORLD IMAGERY/CORBIS



LOUIE PSIHOS/CORBIS

In the land of many rivers, one of nature's wonders lies deep within the pristine jungle. Your first glimpse of the mighty Kaieteur Falls (226m high) will take your breath away. One way to get there is to hack through dense undergrowth, climb over huge fallen trees, and wade through swollen rivers. Along the way, you can nap in a hammock, listen to the noise of the jungle and encounter wildlife close up.

Everything is supersized in Guyana, from the metre-tall harpy eagle to the huge anacondas and goliath spiders. Your reward for hiking and sweating your way to the falls is an awe-inspiring sight you'll remember forever. As the sun sets, relax at the edge of the falls, listen to the roar of the water and watch thousands of swallows as they return to the cave concealed by the falls.

**GETTING THERE** Guyana is the third smallest and only English-speaking country in South America. Having protected much of its interior from logging and mining, the rarely visited jungle and wildlife are thriving. Kaieteur Falls can be reached in three to five days overland from the capital, Georgetown. If you are feeling less energetic, it's one hour by plane.

**WHY YOU MUST TRY IT** For that OMG moment the first time you see the falls.

**FOR MORE INFO** [www.dagron-tours.com](http://www.dagron-tours.com), [www.adventureguyan.com](http://www.adventureguyan.com)



GENNA THOMAS



KEREN SU/CORBIS

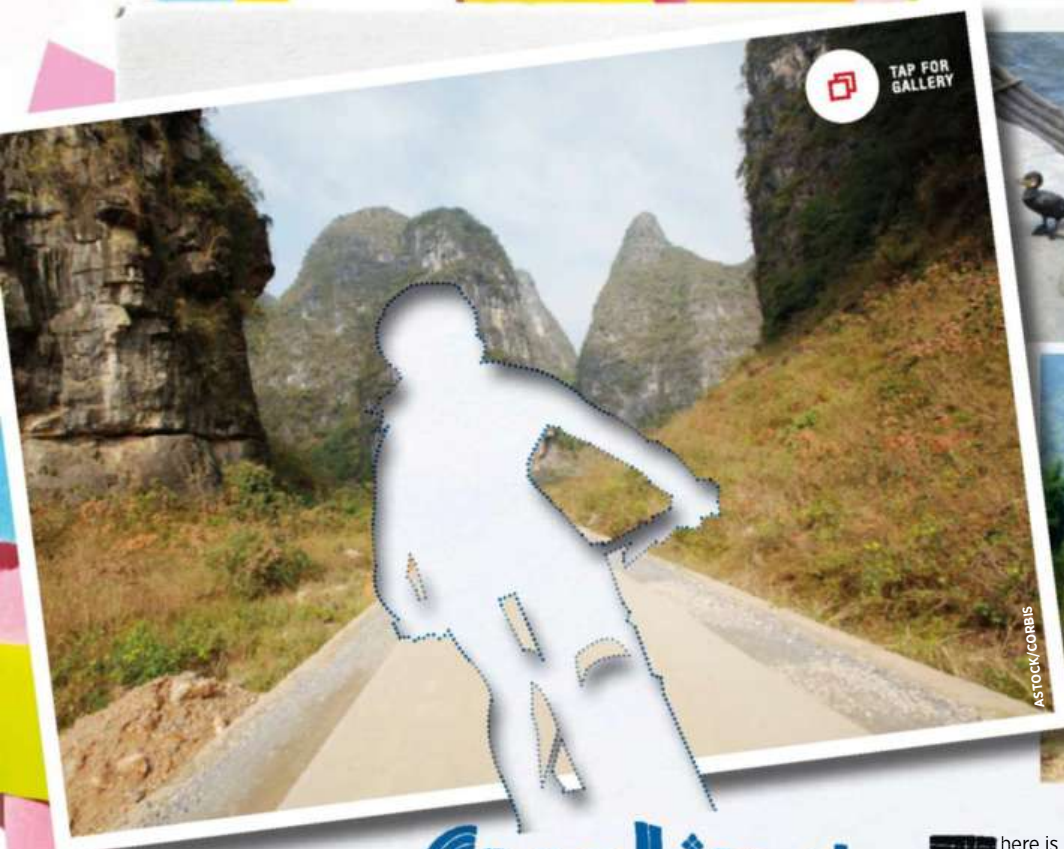


LOUIE PSIHOS/CORBIS



MOJIBU PHILLIPS/REXUS/CORBIS





GEMMA THOMAS



GEMMA THOMAS

## Cycling IN YANGSHUO



BIG CHEESE PHOTO/CORBIS



GEMMA THOMAS



ADRIAN BRADSHAW/ASTOCK/CORBIS



KEREN SU/CORBIS

There is simply no better way to explore a new area than with your own pedal power. You have the freedom to escape crowded tourist sites, stumble across little gems and view magnificent panoramas at your own pace. Yangshuo's countryside is a cycling paradise with some of the most amazing and unique scenery Southern China has to offer. The limestone pinnacles surrounding the small town of Yangshuo create the perfect backdrop as you explore the area.

Cycling through the countryside, you will pass farmers using buffaloes to plough their fields, picturesque rice plantations, the ancient Dragon Bridge, and small villages where you become the tourist attraction. If you tire of pedalling, you can always take a bamboo raft back down the river towards town and watch the traditional cormorant fisherman work on the banks of the river.

**GETTING THERE** Yangshuo is a small town in the South of China about an hour away from the international airport in Guilin.

**WHY YOU MUST TRY IT** The beautiful and unique natural landscape makes for an inspiring and memorable visit.

**OR MORE INFO** [www.worldexpeditions.com/au/index.php?id=76](http://www.worldexpeditions.com/au/index.php?id=76)





# Canyoning and white water rafting IN KITULGALA

**T**he sight and sound of thousands of gallons of water thundering through the gorge is enough to raise anyone's heart rate. The Kelani River begins its journey to the sea high up in the mountains in Kitulgala, one of the wettest areas of Sri Lanka. Carving its way through the lush forest and crashing over huge rocks, the river has created a natural playground best explored by getting wet.

Experience the thrill of canyoning: slide your way down the rocks, abseil down a waterfall, jump into plunge pools, and wade through water as you head down the gentler sections on foot. Then, where the river's power

increases, experience an exhilarating white water ride as you negotiate your way down the rapids in a raft.

**GETTING THERE** The small town of Kitulgala can be reached in an hour and a half by cab from Colombo. Alternatively, the bus takes about two and a half hours. Situated in the wet zone on the bank of the river and surrounded by lush forests, the town creates a great base to explore the region.

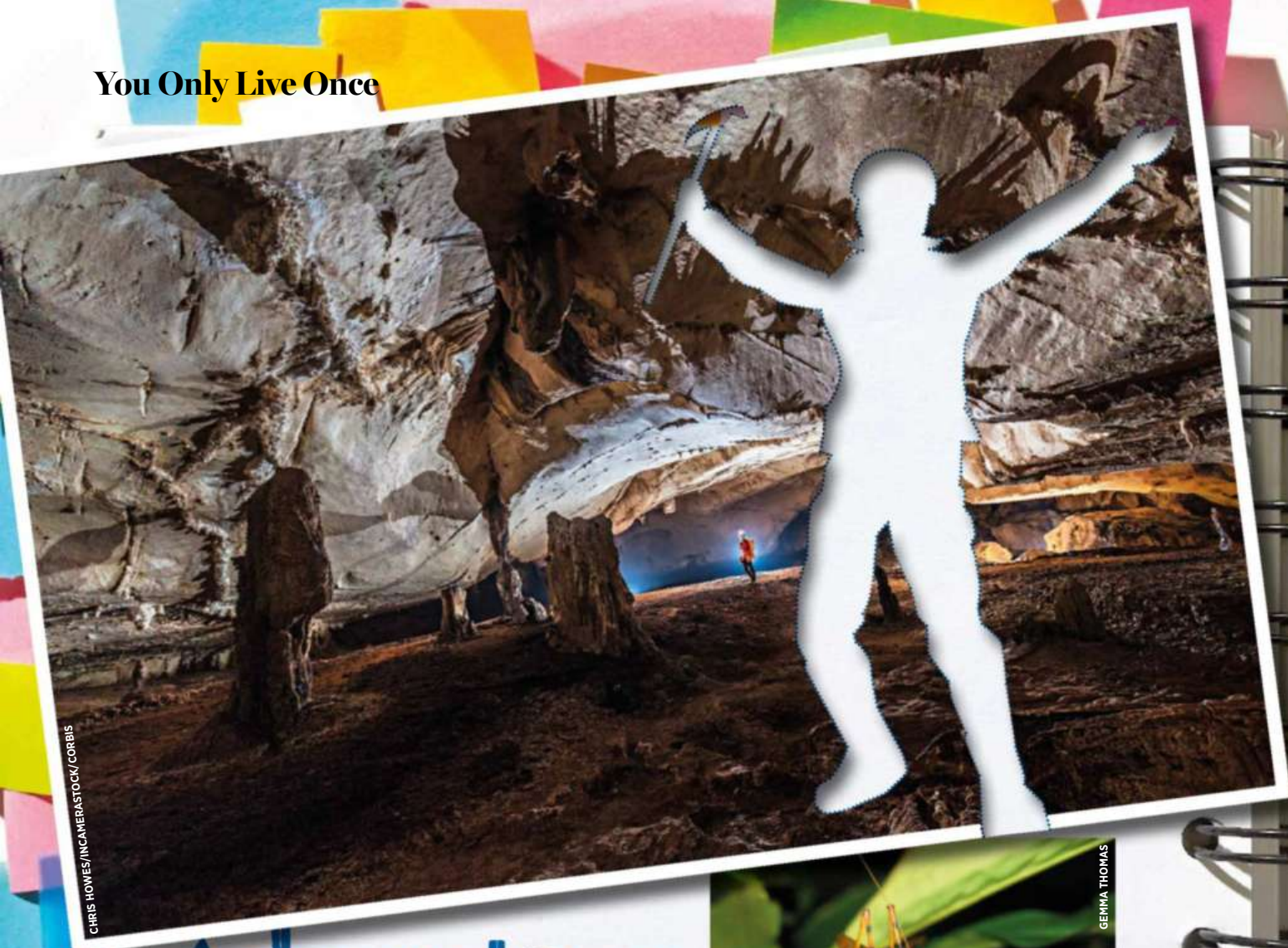
**WHY YOU MUST TRY IT** For the adrenaline rush of navigating the rapids through a beautiful area of the country.

**FOR MORE INFO** [www.ruchitours.com](http://www.ruchitours.com),  
[www.discoverborderlands.com](http://www.discoverborderlands.com),  
[www.mycylonadventures.com](http://www.mycylonadventures.com),  
[www.kitulgalaadventures.com](http://www.kitulgalaadventures.com)

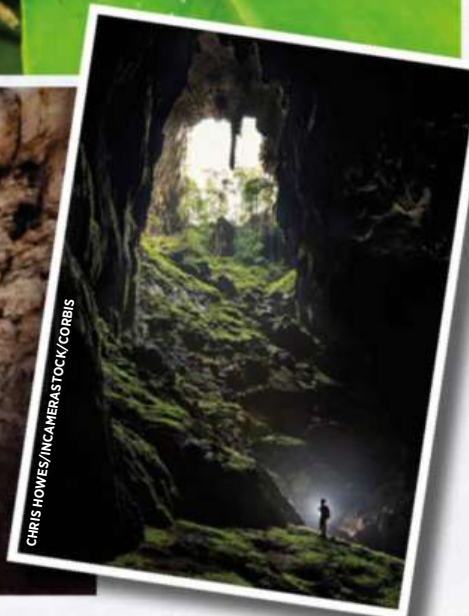




You Only Live Once



# Adventure Caving IN MULU







ROBERT DOWLING/CORBIS



CHRIS HOWES/INCA MERASTOCK/CORBIS



CHRIS HOWES/INCA MERASTOCK/CORBIS

**H**idden deep within the Borneo jungle are some of the largest caves in the world. These enormous caves — one is said to be big enough to house 40 jumbo jets — and the surrounding jungle are home to millions of bats, snakes and huge creepy crawlies.

To thoroughly explore this subterranean world, be prepared to get dirty as you scramble up and down sheer rock faces, squeeze through narrow restrictions, shuffle along steep drop-offs, and swim through underground rivers in the most spectacular cave network on earth.

Adventure caving lets you get off the beaten track and venture into wild sections that very few people have ever seen. Also, as there are different levels of caving to suit varying fitness levels, from a gentle stroll through the show caves to an eight-hour traverse deep underground, it's a great place to challenge yourself physically and mentally. Along the journey, you'll encounter weird wildlife that thrives in the darkness of the caves.

**GETTING THERE** Mulu National Park is a remote area, but accessible by air from Miri, Kuching or Kota Kinabalu by MASwings.

**WHY YOU MUST TRY IT** For the immense sense of satisfaction that comes with successfully challenging yourself to explore an alien world.

**FOR MORE INFO** [www.mulupark.com](http://www.mulupark.com)



GEMMA THOMAS



GEMMA THOMAS

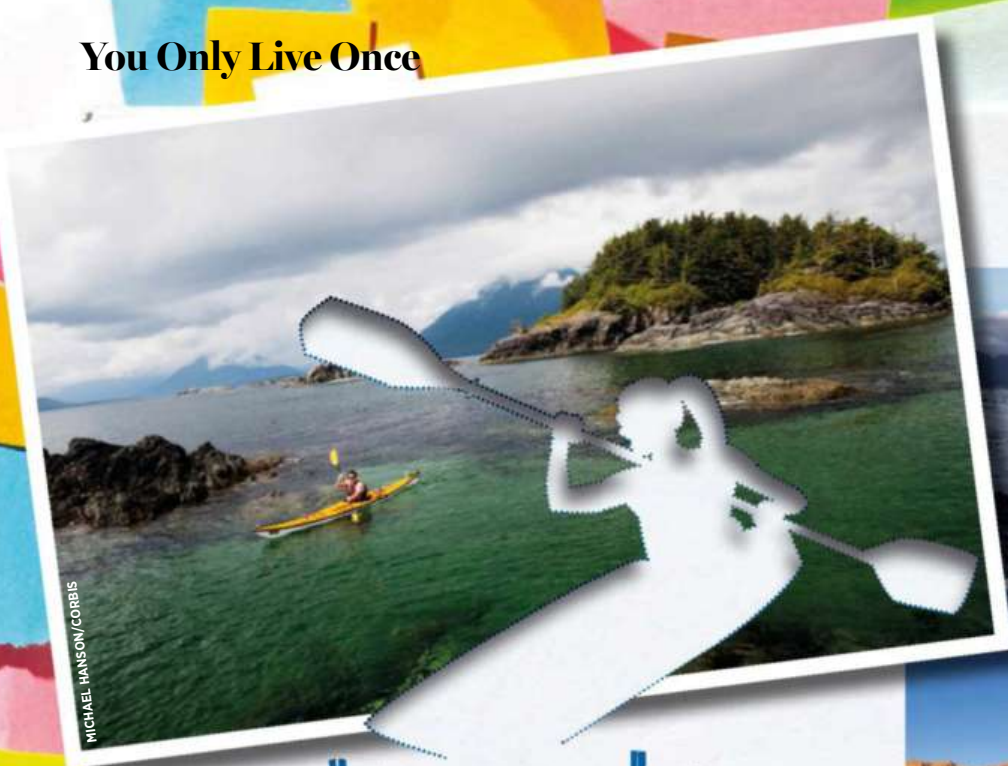


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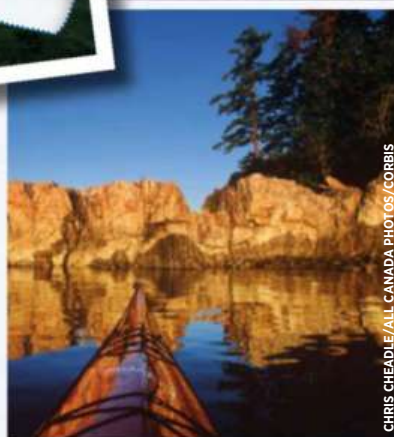


GEMMA THOMAS





# Kayaking with orcas and humpback whales AROUND VANCOUVER ISLAND



**T**he beautiful surrounds of Vancouver Island are a great place to view some of the giants of the sea in their natural environment. During the annual salmon migration, the waters teem with life, attracting whales, dolphins and sea lions to feed. On land, brown bears and eagles hunt at the water's edge.

Venture out into the sea, silently paddling your kayak from one uninhabited bay to the next. Wait for the excitement to grow as a black fin emerges from the deep. Then another and another, and soon you are surrounded by a pod of orcas, one of the ocean's most powerful predators.

Watch as they hunt and travel in family groups, only to be disturbed by the acrobatic display of a passing humpback whale. As they jump, spin and splash their tails in this grand spectacle you

will realise just how small you really are.

**GETTING THERE** Kayaking tours depart from Port McNeill or Telegraph Cove on Northern Vancouver Island, which can be reached from Vancouver by ferry and then a six-hour drive. Another option is to fly into Port Hardy, a 30-minute taxi ride away. Go during the annual salmon migration (June to September), when killer whales and humpbacks congregate in the Johnstone Strait off the north-east corner of Vancouver Island.

**WHY YOU MUST TRY IT** For that exhilarating moment an enormous whale breaks the surface next to your kayak.

**OR MORE INFO** [www.kayakingtours.com](http://www.kayakingtours.com), [www.kingfisher.ca](http://www.kingfisher.ca), [www.kayakbc.ca](http://www.kayakbc.ca)







# Live Like a nomad IN MONGOLIA

**I**n a place where the land seems to touch the sky, be awestruck by the vast, stark, rugged and unspoilt beauty of one of the highest countries in the world. Step back in time and become part of the wilderness as you explore a nation with few roads by horseback. Given its sparse population, you could be forgiven for thinking you are the only person on earth as you gallop beneath the beautiful blue skies.

It's a real adventure as you ride through valleys, mountains and the Gobi desert to reach the ruins of Genghis Khan's Great Mongol Empire.

To fully experience the native's nomadic life, try your hand at archery, watch the eagles hunt,

sleep in a traditional Ger (Mongolian mobile home), and cheer on the warriors in the local Naadam Festival as they compete in wrestling, archery and horse riding.

**GETTING THERE** Landlocked between China and Russia, the Mongolian capital of Ulaan Baatar is where most exploits begin and end. If you consider the journey a part of the adventure, you can also reach the capital from Beijing via the Trans-Siberian railway. Travel in August to catch the Naadam festival.

**WHY YOU MUST TRY IT** Feel the wind in your hair as you ride for days in awe of the unique Mongolian scenery.

**FOR MORE INFO** [www.discovermongolia.mn](http://www.discovermongolia.mn), [www.horsetrailsmongolia.com/index.php/en](http://www.horsetrailsmongolia.com/index.php/en)





You Only Live Once

CORBIS



# Scuba diving AROUND THE GALAPAGOS



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MICHAEL NOLAN/ROBERT HARDING WORLD IMAGERY/CORBIS

**T**he Galapagos Islands rank among the most pristine parts on the planet, with such wildlife diversity that the mere mention of its name excites any nature lover. Consistently voted one of the top dive destinations in the world, a trip is a must for any scuba diver.

More than 28 species of sharks can be found here; even whale sharks pass by the islands. Plus, the Wolf & Darwin dive sites are universally acclaimed as two of the best on the planet because of the abundance of pelagic life.

**GETTING THERE** Flights to the Galapagos Islands are only from Ecuador. You can explore the islands from a live-aboard boat. But with limited spaces and hordes of divers arriving from around the world, book early to ensure there is space.

**WHY YOU MUST TRY IT** Diving with animals as curious about you as you are about them doesn't get any better than this. Fearless marine animals will come and greet you as you explore this wonderful aquatic playground. Also feel the rush of excitement as sea lions and dolphins play nearby, and watch in amazement as a school of hammerhead sharks passes beneath you or a marine iguana eats the sea grass right before your eyes.

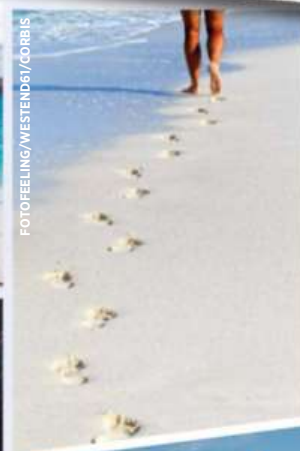
**FOR MORE INFO** [www.divethegalapagos.com](http://www.divethegalapagos.com)



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## Climb glaciers IN NEW ZEALAND

Enjoy a spectacular view of the Southern Alps as a helicopter carries you up onto the glacial ice. Strap on your crampons and have your ice picks in hand to try the exhilarating sport of ice or glacier climbing. Explore the gullies, caves and pinnacles created by the glacier as it slowly moves towards the sea.

Challenge yourself to scale the steep vertical ice walls using your ice climbing tools. As your confidence grows, push yourself to climb higher and steeper walls of ice. You'll be amazed by the brilliant blue glacial ice visible in the cracks and caves. Then, from high up on the ice, relax while taking in the panoramic views of the surrounding mountains – a sight that will stay with you forever.

**GETTING THERE** Ice Climbing is available at both Franz Joseph and Fox Glaciers on the West Coast of New Zealand's South Island. Both are approximately a six-hour drive across the mountains from Christchurch. Each glacier has its own charm; Fox is longer while Franz Joseph is steeper.

**WHY YOU MUST TRY IT** For the heady experience of hanging from a vertical ice wall high up in the Southern Alps while taking in spectacular views.

**FOR MORE INFO** [www.franzjosefglacier.com](http://www.franzjosefglacier.com), [www.foxguides.co.nz](http://www.foxguides.co.nz) 



LAUREN PETH/ROOM THE AGENCY/CORBIS



BARRY LEWIS/IN PICTURES/CORBIS



B.S.P.I./CORBIS



STUART BLACK/ROBERT HARDING WORLD IMAGERY/CORBIS



# Get Fit

**SCULPT YOUR BEST BODY EVER!**



## Burn more calories without even trying

An unexpected benefit of strength training is that you'll stay more active after you've towelled off. A study in *Medicine & Science in Sport & Exercise* found that exercisers who did a toning routine moved up to 48 per cent more throughout the day than those who did just cardio. "Building muscle makes things like walking, climbing stairs, and doing projects around the house feel easier, so you do more of them," says lead researcher Gary Hunter. "It's also true that cardio can leave you feeling wiped out, so you may not have as much energy to spend on daily tasks." To maximise results, shoot for three firm-up sessions a week along with your usual moderate cardio.



# Greater workout, better orgasm

*Here's a surprising side benefit of exercising: Toned abs play a key role in sexual arousal, says Debby Herbenick, author of The Coregasm Workout: The Revolutionary Method for Better Sex Through Exercise.*

*When you work your core, you also strengthen the pelvic floor muscles that tense up when you're turned on and contract when you climax. This also translates into a stronger orgasm, says Debby.*

*She swears that the lying leg raise is the perfect way to simultaneously build your ab and pelvic muscles as it engages the entire area. We suggest you jump on it right away, and get a set or two in every time you work out. Look good, feel very good – can't beat that pay-off!*

## LYING LEG RAISE

Lie on your back with both legs straight and together, and toes slightly turned out. Keeping the lower back pressed against the floor with your hands by the sides (or under the butt to support your pelvis if it's more comfortable), lift both legs until they're perpendicular to the floor. Then slowly lower them to 45 degrees or as far as you can without arching your back. Hold for 10 counts, then lift them back up. Do 10 to 12 reps.

## SHAPE RAVE

# Fitness apparel you'll love



As a girl can never own too many workout clothes, we're looking forward to getting our hands on the new **Roxy Women's Low Key Tank** (\$69) and **Roxy Women's Breathless Pants** (\$119). With a relaxed fit and built-in sports bra, the tank also has a banded bottom to prevent it from hiking up. The stirrup pants – made from super-soft and quick-drying cotton – have a wide waistband and foot straps to keep them in place even as you do gravity-defying yoga moves. We like.

## HAPPY FOOD FOR MUSCLES

Scientists have discovered the perfect post-workout food for strong muscles: egg whites! Scramble five egg whites and you're close to getting the 23g of protein and 5g of the amino acid leucine that have been found to rebuild – and build – muscle fibres best, according to a new study in *Medicine & Science in Sports & Exercise*. Have them with a side of rice to replenish glycogen (your muscles' energy supply) and to help the leucine reach the muscles more quickly, suggests US-based sports dietitian Marni Sumbal.





# THE NORTH FACE

## FUSEFORM™



## BODY MAPPING TECHNOLOGY CREATES PROTECTIVE AND BREATHABLE ZONES

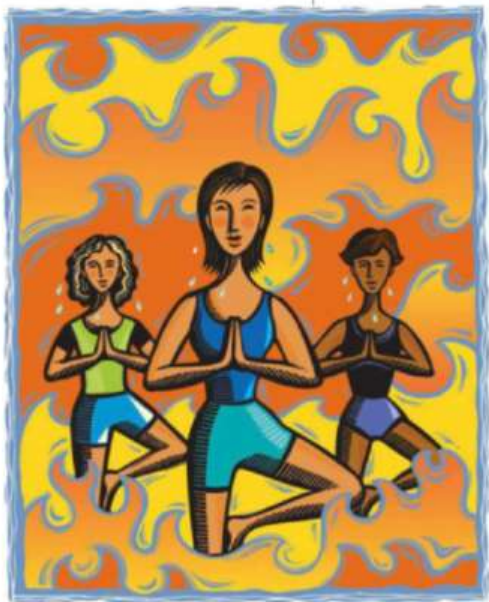
FUSEFORM™ weaves two material properties into a single fabric, with FUSEFORM™ minimal seam construction. Eliminates the allowance, thread and tape of traditional seams, making the garment lightweight, abrasion resistant and breathable.



## Is Bikram yoga too hot to handle?

Maybe for some, suggests a new study from the American Council on Exercise.

Researchers monitored experienced Bikram yogis while they performed the formal series of 26 poses for 90 minutes in a room heated to the typical 40 deg C with 40 per cent humidity. "Usually your body's core temperature will increase by up to one degree during exercise, but we saw core temperatures of up to 40 deg C," says physiologist John Porcari, the lead study author. Because the Bikram environment is hotter than your body's usual 37 deg C, you actually absorb heat, plus the high humidity prevents sweat from evaporating, derailing the body's cooling mechanism. The resulting rise in body temperature can lead to light-headedness, dizziness and nausea – all symptoms of heat sickness, John explains. If you are experiencing any of these, leave the studio, lie down and raise your feet. Are you going to have to give up your Bikram practice? No. Simply heed these signs of overheating and drink water before, during and after class.



# WHEN SLOW IS THE WAY TO GO

IT'S OKAY TO BE MADLY IN LOVE WITH HIIT, BUT EASING UP ON THE INTENSITY ONCE OR TWICE A WEEK HAS THREE POSITIVE RESULTS.

### ● YOUR HUNGER STAYS IN CHECK.

Steadier sessions may reduce your appetite. After moderate cardio, exercisers showed less brain activity when looking at food, which may translate into being less interested in eating, researchers at Brigham Young University in the US found. In a separate study, women ate 59 fewer calories at lunch after a lower-intensity workout, according to findings in the *American Journal of Clinical Nutrition*.

● **YOU'LL BUILD LEAN MUSCLE.** "Slowly lowering a weight during the down part of a move called eccentric training can increase muscle growth because muscles remain tense for longer, which helps to build them up faster," says Jeff Schultz, the director of training at Pinnacle Sports in the US.

**Try this:** Lift the weight for two counts; lower it for four.

● **IT KEEPS YOU ON TRACK.** "Research shows that people adhere better to moderate-intensity exercise than to high-intensity," says Michelle Segar, author of *No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness*. So mix it up a bit.



# 62%

The proportion of women runners who say they have sex more often when they jog with their guy. Nearly half of the couples who regularly run 10km or more together say their sex is better too.

SOURCE: BROOKS RUNNING SURVEY



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**PORTER ROBINSON**  
(DJ SET)

**DAY 2**  
(8PM - 8AM)

**ANDREW RAYEL** **ARMIN VAN BUUREN** **AXWELL & INGROSSO**  
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# PUMP UP YOUR RUN

*Get more burn and firm  
out of your usual loop –  
no sprinting required.*

BY AMY ROBERTS

**T**o net a better metabolism boost from running, you need to think beyond sprints. Add strength, not speed. “Interspersing sets of body-weight exercises with short stints of running gives you a high-intensity interval workout that increases calorie burn both during your session and up to 21 hours after,” says Nathaniel Oliver, owner of New York City’s Fitness Runs in the US.

What’s more, studies show that recreational runners become faster, stronger and more injury-proof when they include strength training in their routine. Try Oliver’s formula – three minutes of running, one minute of toning, and then repeat – to melt up to 300 calories and sculpt all over in less than half an hour. Run and you’re done!





# YOUR WORKOUT

## Intensity

Moderate to hard (RPE: Shoot for seven to nine out of 10)

**Total time**  
25 minutes

**You'll need**  
A watch

## How it works

Start with the warm-up, then begin your run.

## Calories burned

300  
(based on 64kg woman)

Refer to [www.shape.com.sg/rpe](http://www.shape.com.sg/rpe) for rate of perceived exertion (RPE).



# COOL DOWN, LIMBER UP

**Do these simple stretches from coach Nathaniel Oliver while just-worked muscles are still warm.**

## DANCER POSE

*Soothes shoulders, back, hips and quads*

Stand on left leg. Bend right knee to grab foot from behind with right hand, holding on to tree or lamp post for balance with left hand. Press right foot up and back into right hand, extending right arm and leg behind you. Hold for 30 seconds. Switch sides; repeat.

## STANDING ANKLE-OVER-KNEE

*Soothes hips, butt and IT band*

Stand on left leg and bend right knee to bring ankle to rest above left knee (legs should form number four). Hold onto lamp post for support and lower into single-leg squat until left leg bends 90 degrees. Hold for 30 seconds. Switch sides; repeat.

## LUNGE TWIST

*Soothes back, quads, hamstrings, IT band and calves*

Lunge forward with left leg (left knee bent 90 degrees; right leg straight). Lean forward and twist torso left, pressing palms together in front of chest and pressing right elbow against outside of left thigh. Hold for 30 seconds. Switch sides; repeat.

## FORWARD FOLD

*Soothes shoulders, hips, hamstrings and calves*

Stand with feet hip-width apart, hands clasped behind back (flip so palms face outwards). Bend forward from hips, bringing torso to thighs and lifting arms as high and forward as possible. Hold for 30 seconds. Repeat. ■

## WARM-UP

Do easy three-minute jog and then 30 seconds each of high knees, butt kicks, toy soldiers (kick one leg straight and forward to hip height while doing windmill with opposite arm, bringing fingers to touch toes; alternate sides), and jumping jacks.

**0 to 3 minutes** Run at slightly challenging pace.  
**RPE** 6 or 7

**3 to 4 minutes** Do reverse lunges, alternating sides.  
**Make it harder** Do split-leap lunges, alternating sides: Reverse lunge, then jump up, switching legs mid-air, to land with opposite foot forward.

**4 to 7 minutes** Jog slightly slower than starting speed.  
**RPE** 5 or 6

**7 to 8 minutes** Do incline push-ups with hands on bench or step (if not available, do standard push-ups).

**Make it harder** Do Spiderman push-ups: As you lower yourself, bring one knee out to side and towards elbow. Then return leg to start position as you press up. Alternate legs.

**8 to 11 minutes** Run.  
**RPE** 6 or 7

**Tip** If you're doing an out-and-back route, turn around at halfway point of session.

**11 to 12 minutes** Do squats.

**Make it harder** Do squat jumps.

**12 to 15 minutes** Jog.  
**RPE** 5 or 6

## 15 to 16 minutes

Do triceps dips on bench or high curb (sit on edge of seat or curb, palms flat on either side of hips with fingers facing forward; scoot hips off and in front of seat, then bend elbows behind you to lower; press up).

**Make it harder** Do single-leg triceps dips: Straighten both legs and lift one 15cm off ground. Switch after 30 seconds.

**16 to 19 minutes** Run.  
**RPE** 6 or 7

**19 to 20 minutes** Do mountain climbers. Get into plank with palms on ground or curb and alternate driving bent knees forward towards chest.

**Make it harder** Do twisting climbers: Draw each knee to opposite elbow.

Get Fit





A person wearing blue leggings and blue sneakers is standing on a sandy beach. The background shows a body of water and a hazy shoreline. The title 'GET SLIM WITHOUT THE GYM' is overlaid on the right side of the image.

# GET SLIM WITHOUT THE GYM

*Want access to the best cardio and strength equipment anywhere? Step outside. Take your workout to the sand, stairs, and hills to boost your burn and tone in less time. We'll show you how.*

BY JESSICA CASSITY PHOTOGRAPHS BY GUZMAN

# GET FITTER FASTER ON THE SAND

here's a radically simple way to burn more calories per step without inching up your incline or pushing your pace: Walk or run on the sand. Studies show that you'll activate extra muscle just by treading on the loose stuff rather than solid ground. Because sand grains constantly shift, "your nervous system has to recruit additional muscle fibres in your legs, hips and trunk in response," says Rocco Bergin, a US-based trainer for the Sports Center at Chelsea Piers in New York City who often leads workouts in the club's sandpit.

Also, the soft surface absorbs more energy, so instead of experiencing a helpful rebound effect as you would on pavement, you sink deeper and your muscles have to engage longer to push off. "You're forced to work harder to move," says Martyn Binnie, a sport scientist at the Western Australian Institute of Sport.

The pay-off: Do a workout on the sand and you burn up to 50 per cent more calories per minute than if you did the same routine on pavement or grass, according to Martyn's studies.

Plus, because sand soaks up some of the pounding, "it also reduces stress on your joints," Martyn explains. His research found that the impact is about four times lower on sand than on firmer surfaces, which can mean much less post-workout inflammation and soreness. This remains true even as you increase your exercise intensity, he says. The bonus is that you'll bounce back faster after a tough session – and be ready to hit the beach for your next round of fresh-air fun.

## YOUR SAND WORKOUT

SCULPT SEXY ABS AND FIRE UP YOUR BURN WITH THIS ROUTINE FROM PRO ROCCO BERGIN.

### 0 to 3 minutes

Warm up with a brisk walk or an easy jog.

### 3 to 7 minutes

Do each move below for 30 seconds. Repeat the circuit once.

- ▶ **Run** at a fast pace.
- ▶ **Side shuffle** with right foot leading.
- ▶ **Side shuffle** with left foot leading.
- ▶ **Run** backwards.

### 7 to 10 minutes

- ▶ **Run** at a moderate pace.

### 10 to 12 minutes

Do 15 reps each of the jumping moves below.

Repeat the circuit as many times as you can.

- ▶ **Tuck** Jump as high as you can, pulling knees towards chest. Extend legs downwards as you land with knees soft. That's one rep. Repeat as quickly as you can.
- ▶ **Skater** Pushing off with right foot, jump left, landing on left foot (knees soft) and sweeping right leg behind and across; reach right fingertips to left toes. Quickly repeat on the other side. That's one rep. Continue alternating sides.
- ▶ **Broad jump** See this move in *The Ultimate Outdoor Moves*.

### 12 to 15 minutes

- ▶ **Run** at a fast pace.

### 15 to 17 minutes

Do 15 reps each of the moves below. Repeat the circuit as many times as you can.

- ▶ **Upright crunch** See this move in *The Ultimate Outdoor Moves*.
- ▶ **Walking plank** Start in plank on your palms. Lower right forearm to ground, then left. Press up onto right palm, then left. That's one rep. Switch sides; repeat. Continue, alternating sides.
- ▶ **Bicycle** Sit with legs long and lift them a few centimetres off ground, lean torso back 45 degrees, and place fingertips behind ears with elbows bent out to sides. Pull right knee towards chest as you rotate torso to touch left elbow to right knee. Switch sides; repeat. That's one rep. Continue, alternating sides.

### 17 to 23 minutes

- ▶ **Run** at a fast pace.

### 23 to 27 minutes

Repeat minutes 3 to 7.

### 27 to 29 minutes

Do each move below for 30 seconds. Repeat the circuit once.

- ▶ **Sprint.**
- ▶ **Bear crawl** See this move in *The Ultimate Outdoor Moves*.

### 29 to 31 minutes

Cool down by jogging or walking.







## HOW TO FIND WORKOUT-WORTHY SAND

**1**

If you're new to sand workouts, Martyn recommends starting on wet sand. It's firmer and provides a more stable base of support.

**2**

Exercise on level sand. Running and jumping on an angle, as you would along a shoreline, puts you in an awkward position, which could cause injury, Martyn says.

**3**

Wear sneakers when you're on coarse, cold or hot sand. Otherwise, you can go barefoot. You'll burn the same number of calories either way, Martyn says, so base your choice on comfort.



## HOW TO FIND WORKOUT-WORTHY STAIRS

1

You'll need at least one flight with 10 steps. Your entire foot should fit on a step tread, Lewis says. This will make it easier to move quickly during runs and give you enough room to do strength moves.

2

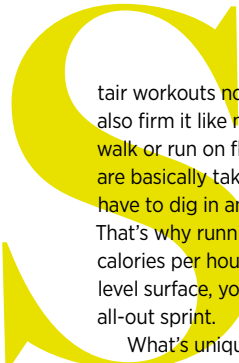
Handrails are also key. Lightly hold the outside rail on the way up and down until your body and brain get used to the movement, Lewis advises. You can also grab it as you get tired.

3

Carpeted stairs may have more traction than bare ones, so don't discount indoor flights. They'll also provide a gentler surface for your hands during push-ups and dips, Lewis says.



# STEP UP YOUR ROUTINE



Stair workouts not only kick your butt, they also firm it like nothing else. When you walk or run on flat ground, your glutes are basically taking a nap. It's when you have to dig in and climb that they fire up. That's why running up stairs burns 953 calories per hour. For the same burn on a level surface, you would have to hold an all-out sprint.

What's unique about stairs, says Brandon Guild, a US trainer for Fulcrum Fitness in Oregon, is that the flat landing spot of each step causes you to strike with your midfoot rather than the ball of your foot. "You use your whole leg, not just your calf, to push off," he says. It's as if you're doing a lunge and a rep on the leg press machine with every step. That's a lot of extra firm with your burn.

Plus, if you take two steps at a time, your muscles are contracted or working over a wider range, says Lewis Halsey, an exercise physiologist at the UK's University of Roehampton in London. "Meanwhile, shorter steps are also great in that they require quicker muscle activation."

In other words, skipping a step requires more power, which can improve your endurance, and striking every step demands faster footwork, which can make you speedier. That's why we've incorporated both methods in this routine – plus some strengtheners that will help you take your toning to the next level.

And since the steps make everything you do tougher, you don't need to dedicate a ton of time to them to see results. Women who walked up and down stairs for 10 minutes a day five days a week improved their VO2 max (a measure of fitness) by 17 per cent within two months, according to a study in the *British Journal of Sports Medicine*.

Simply find a flight and hit it!

## YOUR STAIR WORKOUT

**BURN MORE CALORIES AND FIRM MORE MUSCLES WITH THIS 32-MINUTE ROUTINE BY TRAINER BRANDON GUILD.**

### 0 to 3 minutes

Warm up with an easy jog up and down. Keep your shoulders back and down, and try to gaze straight ahead rather than at your feet.

### 3 to 6 minutes

Do 10 reps each of the moves below. Repeat the circuit as many times as you can.

► **Single-leg hop** Facing a railing, stand with right leg on second step from bottom; bend left knee so left foot is next to right calf. Lightly hold railing with right hand for balance. With soft knees, hop down one step, then hop back up. That's one rep. Do five reps. Switch sides; repeat.

► **Decline push-up leg lift** See this move in *The Ultimate Outdoor Moves*.

► **Step-up-and-down lunge** See this move in *The Ultimate Outdoor Moves*.

► **Toe tap** Lie face up at top of stairs with your butt on edge of landing. Raise legs to tabletop with knees bent 90 degrees; place fingertips behind ears with elbows bent out to sides to start. Keep knees bent and lower legs so toes tap first step. Return to start. That's one rep.

### 6 to 9 minutes

► **Sprint up and jog down.** Alternate, climbing one step at a time for one flight, then two steps at a time for next. Forcefully pump arms on the way up. The faster they go, the faster your legs can move.

**9 to 10 minutes**  
**Rest.**

### 10 to 13 minutes

Do 10 reps each of the moves below. Repeat the circuit as many times as you can.

► **Triceps dip** Sit on second step from bottom with legs long and heels on ground; place palms on third step with elbows bent straight back. Straighten arms to press hips up to start. Bend elbows backward to lower hips to hover above first step, then press up to start. That's one rep.

► **Side leg lift** See this move in *The Ultimate Outdoor Moves*.

► **Plank walk** Start in plank at bottom of stairs with palms on first step. Walk right hand up to next step, then left. Walk right hand back down, then left. That's one rep. Switch sides; repeat.

► **Climbing lunge** Stand at bottom facing stairs. Step right leg up to third step, bending knees to lower into a lunge. Step left leg up to meet right. That's one rep. Switch sides; repeat until you get to the top. Jog down and continue until you've done 10 reps.

### 13 to 16 minutes

► **Sprint up and jog down.** Alternate, climbing one step at a time for one flight, then two steps at a time for the next.

**16 to 17 minutes**  
**Rest.**

**17 to 30 minutes**  
**Repeat minutes 3 to 6.**

**30 to 32 minutes**  
**Cool down** by jogging up and down the stairs.

# HILL CIRCUIT FOR A HOT BODY

Every time you tackle the uphill of your jogging loop you're conditioning your heart and sculpting those muscles double time. Runners who did a dozen 30-second sprints on a 10 per cent incline twice weekly for six weeks significantly improved their running economy when they later exercised on level ground, a study at the Avera Sports Institute in the US revealed.

Translation: They didn't huff and puff as much on their regular runs. "If you're trying to get faster, hill sprints can also increase the length of time you can sprint at your top speed," says lead researcher Derek Ferley, a strength and conditioning specialist.

Hill workouts can make you stronger, too. A study from the University of Colorado in the US found that walking on a nine-degree incline strengthens the glutes, quads and calves more than hoofing it on a flat surface, thanks to the extra effort the lower body needs to exert to lift your weight. That incline – and decline – also works as a secret weapon for sculpting your upper body.

"Doing crunches with your head pointing downhill will cause your abs to work harder in order to resist gravity," says Greg Bianchi, a track coach for the City College of San Francisco in the US, who leads boot camps on the city's hilly terrain. "Turn around so your head is uphill during a lying leg raise. The decline makes it much more challenging."

So don't dread those hills on your route. Take them on with this routine.

## YOUR HILL WORKOUT

BOOST YOUR SPEED, STRENGTH AND STAMINA WITH GREG BIANCHI'S INCLINE SESSION.

### 0 to 3 minutes

**Warm up** by jogging at the base of the hill for three to eight minutes.

### 3 to 8 minutes

**Sprint up and walk down** as many times as you can.

### 8 to 13 minutes

Go up and down the hill once for each move below. Repeat the entire circuit as many times as you can.

► **Crab walk** Sit with back to hill, knees bent, palms by hips. Press hips up to reverse tabletop. Walk hands and feet backwards to ascend and forward to descend.

► **Inchworm** Stand facing hill. Fold forward, plant palms, walk hands out until body is in plank. Walk feet up to hands, then stand. Continue. Face forward to descend.

► **Walking lunge** Step right leg forward and bend both knees to 90 degrees, then repeat with left leg. Continue, alternating sides. Face forward to descend.

### 13 to 14 minutes

► **Decline Spiderman push-up** Start in the middle of hill in plank on palms with head downhill. Bend elbows to lower chest towards ground, bending right knee up to touch right elbow. Push back up to start. Continue, alternating sides.

### 14 to 15 minutes

► **X lift** See this move in *The Ultimate Outdoor Moves*.

### 15 to 16 minutes

► **Arm press** See this move in *The Ultimate Outdoor Moves*.

### 16 to 17 minutes

► **Roll back** Sit in the middle of hill with feet uphill, legs long, and arms extended forward at chest height. Pull belly in, rounding spine so lower back touches ground. Continue until you're lying flat. Reverse motion and repeat.

### 17 to 18 minutes

► **Mountain climber** Start in the middle of hill in plank on palms with head uphill. Alternate quickly pulling right knee toward chest between arms, then left knee.

### 18 to 23 minutes

► **Sprint up and walk down** as many times as you can.

### 23 to 24 minutes

► **Split squat** Stand in the middle of hill facing uphill with left leg forward and right leg back, hands on hips to start. Bend knees until right hovers 5cm above ground. Return to start. Repeat for 30 seconds. Switch sides; repeat.

### 24 to 25 minutes

► **Bridge lift** See this move in *The Ultimate Outdoor Moves*.

### 25 to 27 minutes

**Cool down** by jogging at the base of the hill.





## HOW TO FIND A WORKOUT-WORTHY HILL

**1**

Seek out a steep 30-metre-long hill, Greg suggests. It's a good length for building speed and strength, because you'll need to accelerate to get to the top.

**2**

Do a quick scan of the entire hill surface you plan to use, Greg says, so there are no surprise holes or bumps.

**3**

Bring a towel along if you choose a paved hill. Greg says, "It will make placing your palms down for certain strength moves a little more comfortable."





## THE ULTIMATE OUTDOOR MOVES

TRY THESE EXERCISES ON NEW GROUND AND YOU'LL WONDER WHY YOU EVER DID THEM IN A GYM.



**UPRIGHT CRUNCH** Sit with knees bent, feet flat, hands on sand beside hips. Lean back slightly, lift bent legs and extend arms forward with palms facing up to start. Extend legs forward while leaning torso back until midback touches ground and shoulders and legs hover above it. Return to start. That's one rep. Do 15 reps.



**BROAD JUMP** Jump as far forward as you can. Land softly in a squat. That's one rep. Do 15 reps.



**BEAR CRAWL** Stand with feet hip-width apart. Fold forward and plant hands about 90cm in front of feet. Keeping hips back, bend elbows and knees slightly (almost as if you're in a Downward Dog). Maintain this shape as you walk hands and feet forward for 30 seconds.

## Sand exercises

### Hill firmers

**ARM PRESS** Lie on left side in middle of hill with head uphill, feet stacked, left arm curled around and under chest, and right palm on ground in front of chest with elbow bent up to start. Press into right palm to straighten arm, lifting head and shoulders off ground. Lower. Continue for 30 seconds. Switch sides; repeat.





# Stairsculptors



**DECLINE PUSH-UP LEG LIFT** Start facing away from bottom of stairs in plank on palms with feet on first or second step. Raise left leg to hover above step, then bend elbows to do push-up. That's one rep. Switch legs; repeat. Do 10 reps.

**STEP UP-AND-DOWN LUNGE** Stand at bottom of stairs facing top. Step right foot onto second step, bending leg 90 degrees to start. Push off from right leg to jump, raising left knee [shown]. Land at start, step right leg to meet left, then step left leg back into reverse lunge. That's one rep. Do five reps. Switch sides; repeat.



**SIDE LEG LIFT** Sit on third step up with hips perpendicular to tread so side of right hip touches riser of fourth step and torso leans slightly over fourth step. Extend left leg down steps. Keeping knee facing forward, lift left leg to hip height. That's one rep. Do five reps. Switch sides; repeat.



**BRIDGE LIFT** Lie face up in middle of hill with feet uphill and knees bent, feet flat. Lift hips so body forms a line from shoulders to knees. Extend right leg straight up to start. Keep hips lifted and lower leg to hover above ground. Continue for 30 seconds. Switch sides; repeat.



**X LIFT** Lie face up in middle of hill with feet uphill, legs and arms in an X position. Curl shoulders and left arm, lifting right leg to meet in centre. Lower until leg and arm hover above ground. That's one rep. Do five reps. Switch sides; repeat. ■

# *“I can eat anything as long as I exercise, right?”*

Angeline Ester Huang realised she couldn't have been more wrong. As told to **DEBORAH LIN**.

**ANGELINE'S CHALLENGE** Growing up, I was plump but active. I played table tennis, swam and attended hip hop as well as salsa classes. It never struck me that my eating habits were problematic. I'd always enjoyed my Hokkien mee, char kway teow and fast food. With my friends, high teas and cafe-hopping were regular activities. Then some pointed out that I was putting on weight. I brushed the comments off as jokes as I didn't perceive myself as fat. My BMI was 25.7 – just slightly overweight, I thought. Eventually, it got to me that I was becoming more lethargic and my clothes were tighter.

## **THE PLAN**

● I decided to adopt a healthier lifestyle. The first thing I did was take up Muay Thai, which I'd always been curious about. I went for two-hour sessions up to five times a week.

However, I always rewarded myself with a good meal afterwards. I thought that as long as I exercised, I could eat what I wanted. After a year without any weight loss, I realised I had to deal with my bad eating habits.


I started preparing my own lunches for work instead of eating out, so I wouldn't be tempted by unhealthy hawker foods. I used less salt, sugar and oil. When I did eat out, I cut out fried and processed foods, and limited desserts to once or twice a week. It was really tough at first and I was always hungry! To keep my energy levels up, I ate five small high-protein, low-carbohydrate meals a day.

I also started weight training with my bodybuilder boyfriend. He taught me to focus on different muscle groups during each weight lifting session. Besides Muay Thai, I did other cardio workouts such as circuit training and zumba to improve my stamina.

My progress was slow but steady. For example, I started with 2kg weights for lateral shoulder raises and increased to 6kg over four months. In nine months, I was comfortable doing 90 minutes of weight lifting plus 30-minute cardio sessions thrice a week. Finally, my weight dropped by 10kg!

## **LIFE NOW**

● I still have a busy work schedule, with some days ending as late as 11pm, but I'm definitely more energetic. And, although keeping to my fitness routine can be tough, I motivate myself by looking at old photos and reminding myself of how far I've come.

It helps that my boyfriend and I share the same passion for fitness. We work out together and talk each other out of eating junk food – except maybe on Saturday, our rest-and-cheat day. My body seems to agree with my healthier diet too! 

### **WEEKLY WORKOUT SCHEDULE**

Weight lifting and cardio training thrice a week.

## **BEFORE**



**ANGELINE ESTER HUANG**

Age 27

Height 154cm

Weight lost  
10kg in 9 months



## **AFTER**

**Weight train and eat smart**

“I'm proud of my defined arms and toned body now.”

## **WRITE TO US AND WIN AN ATTRACTIVE GIFT!**

**ANGELINE RECEIVES A FULL SET OF ADIDAS STELLASPORT GEAR WORTH \$329.**

Designed for the active girl, and launched in January, Adidas Stellasport, which comes under the creative direction of Stella McCartney, redefines sportswear by combining sporting style with bold branding, explosive colours and fresh prints.

This new range comprises apparel, footwear and accessories that not only have sports performance technologies, but can go from the gym to the city streets.

E-mail [magshape@sph.com.sg](mailto:magshape@sph.com.sg) with your weight-loss success story and photographs now. Please include your name, age and daytime contact details.





# *Eat Right*

**FUEL YOUR BODY!**

## **The food lover's diet**

Want to lose weight? Eat more food groups instead of eliminating them. Researchers at New York University in the US found that people who consume a greater variety of healthy foods have less body fat than those who follow limited-eating plans. It makes sense: We get bored eating the same things over and over, which may make us more likely to go off track and pig out, says study author Maya Vadiveloo. To stay satisfied as you slim down, choose a variety of fruits and vegetables, switch up your protein (think fish, eggs, low-fat yogurt, beans, and tofu), and try new as well as different whole grains (farro, bulgur, barley, and buckwheat are a few tasty ones). Once a day, treat yourself to a healthy and satisfying snack like popcorn, nuts, or a scoop of low-fat ice cream.



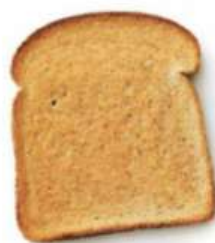


## POWER LUNCH

# Make it veggie day

Switching out some of your meatier meals to go vegetarian once in a while makes a huge difference in your health, according to recent research. Begin with lunch tomorrow. Of course, you'll want substantial (and interesting!) food to keep you happy and get you through the day, so start with antioxidant-packed veggies, like broccoli, peas, mushrooms, and peppers, and add a protein such as tofu, chickpeas, chopped nuts, or even cheese.

Vegan chef Chloe Coscarelli, co-owner of By Chloe – a fast-casual eatery serving 100 per cent plant-based fare in the US – takes it up a notch with an easy sauce: Blend a cooked new potato (microwave with a little water for about five minutes), a spoonful of capers, herbs, garlic, salt, a teaspoon of tomato paste, mustard, water, and oil. To make it even heartier, she often adds pasta. Soba noodles, quinoa and spelt pasta, spiralised zucchini, and kelp noodles are excellent options, too.



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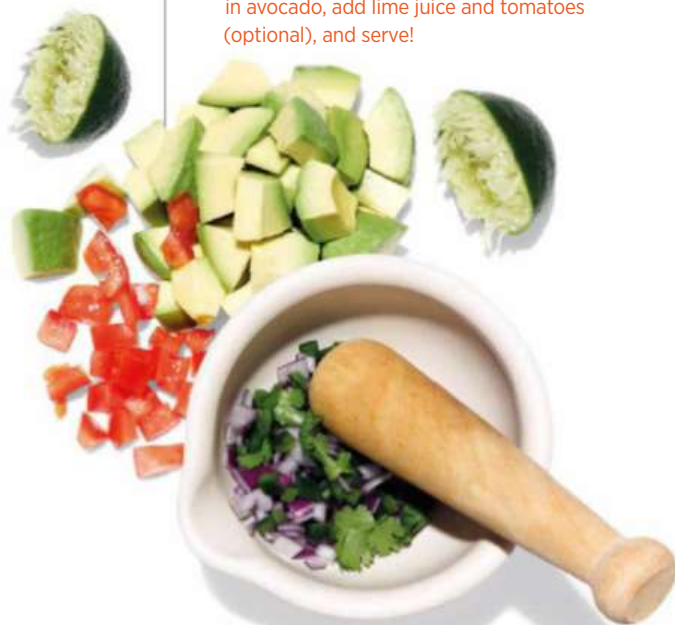
## SURPRISING SODIUM SOURCE

*If toast is your usual breakfast choice, consider this: It may be giving you a headache. Baked goods can be high in sodium, and the salt content has been linked to headaches in a study by Johns Hopkins University School of Medicine in the US. Check your bread's nutrition label, and pick a loaf with 100mg or less per slice, says study author Dr Lawrence Appel.*

## GUAC GAME CHANGER

Everyone has a guacamole recipe they swear by, but this idea from Ivy Stark, executive chef of Mexican restaurant Dos Caminos in the US, is beyond delish and totally easy to do.

Her trick: Blend the seasonings before you add the avocado, so they can integrate. Char hot peppers under the broiler and then mash them with chopped scallion or onion, cilantro and salt. Mix in avocado, add lime juice and tomatoes (optional), and serve!



MAIN PHOTO: RADVANEH/PHOTOCUISINE/CORBIS BREAD: RADIUS IMAGES/CORBIS SALT: KRÖGER/GROSS/THE FOOD PASSIONATES/CORBIS AVOCADO: TRAVIS RATHBONE FOOD STYLING: MATT VOHR/HALLEY RESOURCES PROP STYLING: SARAH GUIDO-LAAKSO/HALLEY RESOURCES



# Eat to boost endurance

*DIG INTO THESE BEFORE A WORKOUT AND STAY STRONG TO THE FINISH, SAYS CYNTHIA SASS, DIETITIAN AND AUTHOR OF SLIM DOWN NOW: SHED POUNDS AND INCHES WITH REAL FOOD, REAL FAST.*

**LENTILS** The iron helps to produce haemoglobin, which is essential for transferring oxygen in your blood from the lungs to the tissues. In one study, cyclists who ate lentils rode 20 minutes longer than those who had a different snack. Cynthia suggests a lentil salad 30 to 40 minutes before your workout.

**BEET JUICE** Studies show it can help you exercise 14 per cent longer. The nitrates in beets reduce your muscles' need for oxygen, so they can push you through that tough final stretch.

**HONEY** Drizzle a teaspoonful over a banana to benefit from the slow release of natural sugars your body converts into energy.

**BELL PEPPERS** During distance training, your body taps into stored fat and carbs for fuel. To access fat – and stave off fatigue – you need an adequate supply of vitamin C in your blood, says Cynthia. Peppers have more than twice the amount of an orange.

## PEANUTS FOR YOUR 3PM SNACK

Almonds and walnuts get all the love, but peanuts (no added salt or sugar) are just as good for the heart, according to a study by Vanderbilt University in the US.

They're full of healthy fat, fibre, vitamins and polyphenols, which keep inflammation at bay, and your blood vessels flexible, lowering your risk of heart disease, says study author Dr Xiao-Ou Shu, associate director of global health and professor of medicine at Vanderbilt University.



## THE NATURAL CHOICE TO BEAT THE HEAT



Vincent Ng  
Martial Arts Expert / Artiste



# BE HEALTHY, BE BEAUTIFUL – INSIDE AND OUT

Make every meal count with Special K – the healthier cereal alternative to calorie-laden meals. Your body will thank you for it.



With so many fad diets around, figuring out what's best for us can be confusing. We know our choices shape us, and yet many women rely on over-processed foods and diet supplements. Some even starve themselves to stay trim.

To look and perform at its best, your body needs the right fuel. Special K's healthy and delicious wholegrain cereals and granolas are the perfect solution to get you going.

Low in fat and calories, they are packed with protein, fibre and essential vitamins and minerals, so you can easily power through

Give yourself and your loved ones a treat when you follow delicious, healthy recipes using Special K. Start with this easy-to-do recipe.

## **SPECIAL K PARFAIT**

Total time: 5 minutes. Serves 2.

### **INGREDIENTS**

- 1 cup low-fat vanilla flavoured yogurt
- ½ cup sliced fresh fruit (banana, strawberries, blueberries or raspberries)
- 1 cup Original Special K

### **DIRECTIONS**

1. Layer yogurt, fruit and cereal to the top of 2 tall glasses.
2. Top with extra fruit.
3. Serve immediately.





#### SPECIAL K GRANOLA

- Made with five wholegrains: oats, barley, wheat, spelt and rye
- Contains 30 per cent less fat\*
- Enriched with B Vitamins and iron to release energy

\*As compared to most other granola cereals in the UK and Ireland.

your day. In fact, there are no empty calories in a box of Special K. Every spoonful gives your body natural, high-quality goodness.

And there are five tempting cereal flavours to choose from, including Red Berries and Vanilla Almond, so there's no chance of you getting bored with this solid and complete meal.

Just as tasty is new Special K Granola in Raisins and Apple or Dried Cranberry, Pumpkin Seeds and Almonds. Containing the goodness of oats, barley, wheat, spelt and rye, they're great for your health and waistline. Plus, they contain 30 per cent less fat than many other granola brands.



## LOOKING GREAT AND STAYING SLIM WITH KANG SO-RA

Being an actress means that Kang So-Ra's life is often closely scrutinised by her fans. We chatted with the Special K ambassador and winner of the 2014 Excellence Actress Award for *Doctor Stranger*, a South Korean TV series, to find out how she manages to always look her best while sticking to a hectic schedule.

"Eating fatty and unhealthy foods usually leaves me feeling sluggish and bloated. I look and feel much better when I eat the right foods to get me through long work hours, and my ballet and pilates classes.

"I'm not obsessed with my weight, but delicious Special K helps me maintain a slim, healthy shape, and ensures that my body enjoys its benefits.

"I have a bowl of Original Special K with fruits for breakfast, and often as a late-night snack. So much better than unhealthy chips and cookies!"



Special K Cereal (\$8.30 per box) and Special K Granola (\$5.90 per pack) are available at supermarkets.









# CARBS: A Love Story

THERE'S NO NEED TO FEEL GUILTY ABOUT PASTA. OR  
BREAD. OR POTATOES. GET THE SKINNY ON WHY  
CARBS SHOULD MAKE A COMEBACK IN YOUR DIET.

BY ANNA MALTBY PHOTOGRAPHY NATHAN MARTIN

**Y**ou'd be hard-pressed to find a woman watching her weight who doesn't think that carbs are evil. Between books like *Lose the Wheat*, *Lose the Weight*, and *Find Your Path Back to Health*, *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar – Your Brain's Silent Killers*, and *Cave Women Don't Get Fat*, it's no wonder that we're not only terrified of croissants, and pretty sure we shouldn't be eating whole wheat anything either! But here's something the authors of those bestsellers aren't saying: You need carbs.

In fact, eliminating them could harm your health and make you miss out on one of the most effective ways to stay slim. "Carbs should make up the majority of your diet, especially if you're active," says Kelly Pritchett, a registered sports dietitian and spokeswoman for the Academy of Nutrition and Dietetics. We cut through the confusion so you can welcome back carbs with open and sculpted arms.

**What are carbs, exactly?** They're nutrients that break down into glucose, your body's primary source of energy, and tons of foods contain them. "Carbs get a bad rap, but we need them to keep our brain working and our heart pumping," says Tanya Zuckerbrot, dietitian and author of *The Miracle Carb Diet: Make Calories and Fat Disappear—with Fiber!*

Not all carbs are created equal, however. Naturally occurring sugars like fructose in fruit and lactose in dairy, sugars that are added to foods, and refined grains such as white rice are broken down quickly by your body. That means they provide almost-instant energy, but it doesn't last. And unless they're bundled with other nutrients, like the fibre in an apple or protein in yogurt, they're basically empty calories. Other carbs, such as those found in whole grains, vegetables and legumes, take longer to digest, so you get a steadier supply of energy.

"Carbohydrate-rich foods like bread can be very high in calories," Kelly says. "But many foods with carbs, such as fruits and vegetables, are low in calories and high in vitamins and minerals." Others fall somewhere in between: Whole grains have a lot of nutrients and calories, while low-fat dairy has a medium amount of both.

The bottom line: Cut down on added sugar and refined grains, and consider all other carbs fair game.

## If carbs are so great, why is everyone on a low-carb diet?

Well, it's easy to overdo it on certain carbs. When you eat any type of carb, your body releases insulin to help you regulate an increase in blood sugar. But your system processes refined carbs so quickly that your blood sugar may dip, setting off an "eat more" signal in your brain.

The problem is, cutting out all carbs can hamper weight-loss efforts, especially if you're active. "They're our primary energy source during exercise, and we can't get to the same level of intensity if we're carb-depleted," Kelly says.

Depending on how much cardio you do (aerobic activity requires more carbs than pilates, for example), she recommends getting 45 to 65 per cent of your calories from carbs. "You need 130g a day just for your brain to function, and active women should aim for between 200g and 300g," she explains.

Skip on carbs and you'll also miss out on important nutrients, Tanya says. "Many of the vitamins and minerals we need come from fruits and vegetables, so cutting these out can lead to deficiencies."

What's more, your mood could suffer as well. A year-long study found that people on a low-carb diet reported feeling angrier and more depressed than those on a low-fat diet.

## IT'S ALL GOOD – REALLY

NO CARB IS OFF-LIMITS, BUT SOME ARE BETTER THAN OTHERS. HERE'S HOW MUCH OF EACH TYPE YOU SHOULD BE EATING DAILY.

### STARCHES & WHOLE GRAINS: 6 SERVINGS

- > ½ cup corn or peas
- > 1 potato
- > ½ cup chickpeas or lentils
- > ½ cup brown rice or wholegrain pasta
- > 1 slice wholewheat bread

### VEGETABLES: 3 TO 5 SERVINGS

- > ½ cup broccoli
- > 1 cup leafy greens
- > 12 baby carrots

### FRUIT: 3 TO 4 SERVINGS

- > 1 apple
- > 1 banana
- > 1 cup berries

### DAIRY: 2 TO 3 SERVINGS

- > 1 cup low-fat yogurt
- > 1 cup skim milk
- > 43ml reduced-fat cheddar

### REFINED GRAINS: NO MORE THAN 2 SERVINGS (COUNT TOWARDS YOUR STARCHES)

- > 1 cup white rice
- > 1 flour tortilla
- > 1 plain bagel

### TREATS: NO MORE THAN 1 SERVING

- > 2 squares dark chocolate
- > 1 small cookie

SOURCE: KIM LARSON, R.D.



### Why do I crave carbs when I'm tired or sad?

They provide the quickest blood sugar boost, and your brain knows that, says Wendy Bazilian, dietitian and co-author of *The SuperfoodsRx Diet: Lose Weight with the Power of Supernutrients*. They also help your body produce serotonin, the hormone which balances your emotions and gives you that warm, fuzzy feeling (hey, macaroni and cheese is called comfort food for a reason).

The good news: Just because it's a craving, it doesn't mean it's bad. "High-fibre carbs can help increase serotonin without wrecking your diet," Tanya says. Add healthy fats and protein, and they'll keep your blood sugar steady too.

### Should I eat carbs before my workout?

To kill it at the gym, yes. Wendy suggests eating half a piece of wholegrain toast or half a banana 45 to 60 minutes before your workout. "The idea is to provide your body with easily digestible energy far enough in advance that your workout isn't interrupted by the digestion process," she says. Of course, there's no need to nosh if you're exercising for less than 60 minutes within a couple of hours after a meal and don't feel hungry.

If you have a marathon or triathlon coming up, carb loading can help you store extra fuel and fluid in your muscles, explains Kim Larson, dietitian and spokeswoman for the US Academy of Nutrition and Dietetics. But don't pig out on pasta the night before or you'll feel weighed down during the main event. "You want to increase your carbohydrate intake by up to 100g a day – about an extra three servings – starting three days before the big event," Kim says.

## YOUR DAILY BREAD

SO WHAT DOES THE RIGHT AMOUNT OF CARBOHYDRATES LOOK LIKE? USE THIS SAMPLE MENU AS A GUIDE. IT ADDS UP TO NEARLY 215G OF CARBS – ABOUT THE IDEAL AMOUNT FOR AN ACTIVE WOMAN CONSUMING 1,800 CALORIES A DAY.

SOURCE KIM LARSON, R.D.



**Carbs help your body produce serotonin, the hormone which gives you that warm, fuzzy feeling.**

### Could I become addicted to carbs?

It's possible. Recent research in the *American Journal of Clinical Nutrition* found that study subjects who drank a super sugary milkshake showed increased activity in their nucleus accumbens – the pleasure centre in the brain that regulates reward and addiction – four hours later. In other words, eating the wrong kind of carbs can become a vicious cycle, Wendy explains, because your body gets a rush

and then crashes, leaving you craving a fix.

Breaking the cycle can be hard, but it's definitely not impossible. Instead of trying to cut out treats entirely (as if!), combine something sweet, like dark chocolate chips or dried apricots, with something containing healthy protein and fats – think roasted almonds or Greek yogurt – to balance the sugar and slow digestion.

And while the occasional handful of pretzels or side of steamed white rice won't hurt you, make most of your grains whole. **D**

#### BREAKFAST (43G CARBS)

Wholewheat English muffin with one slice of Swiss cheese and one egg scrambled with a cup of spinach, plus half a grapefruit

#### LUNCH (72G CARBS)

Turkey sandwich on wholewheat bread with lettuce, tomato, avocado and cucumber, plus 170g of low-fat yogurt with half a small peach (diced)

#### SNACK (15G CARBS)

An apple and low-fat string cheese

#### DINNER (51G CARBS)

Two fish tacos made with corn tortillas, shredded cabbage and mango salsa, plus small side of black beans

#### DESSERT (32G CARBS)

Half a cup of light ice cream with half a cup of sliced strawberries

# Sparklingly Good!

Bubbly, fruity and calorie-free, ICE MOUNTAIN'S new Sparkling Water perks you up in an instant with its healthy, refreshing goodness.



MAIN PHOTO CORBIS

It's hot and humid outside, and you're still not done with your errands. Your throat is parched, and an icy carbonated beverage is all you can think of – but you struggle with making a healthier choice.

What you need is a thirst-quenching drink without it being too sweet or too bland, and that's not loaded with artificial sweeteners.

ICE MOUNTAIN Sparkling Water is a new bubbly beverage that helps you quench your thirst while keeping your waistline happy.

## HEALTHY AND REFRESHING

Sugar- and calorie-free, ICE MOUNTAIN Sparkling Water is a refreshing choice for those who don't like drinking still or plain

water – and a great alternative for weight-watchers who are trying to quit sugary sodas.

With this, you no longer have to rise early to perk up your own bottle of water with mint leaves, cucumber and slices of citrus fruits.

Simply choose between ICE MOUNTAIN Sparkling Water Lemon and ICE MOUNTAIN Sparkling Water Grapefruit. Both



are completely void of artificial sweeteners and colouring.

They are also handy when you're entertaining, looking for a midday perk-me-up, or simply in need of a refreshing drink because it's just so hot.

#### ACCESSIBLE AND AFFORDABLE

With zero calories, this carbonated drink is

not just guilt-free and healthy, but is much more pleasurable to drink as it has a hint of fruity flavour. Plus, it's readily available at supermarkets at just \$1.20 per bottle.

Ideal for women with an active lifestyle, ICE MOUNTAIN Sparkling Water is the perfect alternative to sugary carbonated soft drinks.

### WANT TO LOOK GOOD AND FEEL GREAT?

Then you need to stay hydrated – it's said to help you manage your weight, give you better-looking skin and hair, and keep your body energised. Here's what you need to know:

- If you are working out on a hot day, it takes just 30 minutes to become dehydrated. Make sure you always have a bottle of water – like ICE MOUNTAIN Sparkling Water Lemon or ICE MOUNTAIN Sparkling Water Grapefruit – with you.

- About 20 per cent of your daily water intake comes from food. This means a crucial 80 per cent comes from the fluids you take in, so drink up!

- Limit your intake of alcohol. It's dehydrating and is a source of empty calories. Instead, opt for a refreshing, unsweetened beverage.

- Each day, you lose at least 10 cups of water through breathing, perspiring and urinating, so remember to replenish that!



NO SUGAR,  
ZERO CALORIES



# 15-minute kebab meals

*The great thing about kebabs – besides being easy and quick to make – is that you can get wildly creative with your combos. Play around with healthy picks (pretty much anything can be skewered), starting with the delicious recipes here.*

BY KATE PARHAM KORDSMEIER  
PHOTOGRAPHY TRAVIS RATHBONE



## YOGURT-CURRY CHICKEN KEBABS

Cut a large sweet potato into 2.5cm cubes and microwave, covered, on high for four to five minutes or until tender. Then cut two chicken breasts into 2.5cm cubes. Place sweet potato, chicken, eight broccoli florets, and eight 2.5cm pieces of red bell pepper in a large ziplock bag.

Whisk together a quarter cup of plain low-fat Greek yogurt, one teaspoon of curry powder, half a teaspoon of ground cumin, one teaspoon of grated fresh ginger, two minced garlic cloves, two teaspoons of fresh cilantro, two tablespoons of low-sodium chicken stock, and salt and pepper to taste.

Add the mixture to the bag, seal, and toss to coat. Thread chicken and vegetables onto four skewers and grill over medium-high heat, turning occasionally, for 10 to 12 minutes or until cooked through. Serves two.

### \*Nutrition score per serving

338 calories, 6g fat (1.5g saturated), 26g carbs, 45g protein, 5g fibre, 447mg sodium

**TIP!** Pair ingredients that need to be grilled for about the same amount of time. For veggies that take longer to get done, parboil or microwave them first.



## PICO DE GALLO SHRIMP KEBABS

Place 16 peeled and deveined shrimp in a large ziplock bag. Add one avocado (peeled, pitted and cubed); two jalapenos (split with seeds and ribs removed, and cut into 2.5cm pieces); eight cherry tomatoes; and half a red onion, cut into wedges with the root intact.

In a medium bowl, whisk together the juice of two limes, two teaspoons of extra virgin olive oil, one of chopped cilantro, two minced garlic cloves, and a quarter teaspoon of red pepper flakes, as well as salt and pepper to taste. Pour mixture into the bag, seal, and toss to coat.

Thread shrimp and vegetables onto four skewers and grill over medium-high heat, turning occasionally, for about eight minutes or until shrimp is pink. Serves two.

### ★ Nutrition score per serving

341 calories, 16g fat (2.3g saturated), 17g carbs, 37g protein, 7g fibre, 505mg sodium

**TIP!** Use metal skewers as wooden ones burn easily. But if they are all you have, soak them in water for 30 minutes before adding your ingredients for grilling.

## BALSAMIC STEAK, FIG, AND RADICCHIO KEBABS

Cut one 340g sirloin steak into 2.5cm cubes (you should have roughly 16 pieces). Halve, core and quarter a radicchio, keeping layers together. Then quarter four fresh figs.

Thread steak, radicchio, and figs onto four skewers, starting and ending with steak. Drizzle kebabs with extra virgin olive oil, and season with salt and pepper. Grill over medium-high heat, turning frequently, for about six minutes or until steak is charred on the outside and pink in the centre. Remove from grill and drizzle with balsamic glaze. Serves two.

### ★ Nutrition score per serving

383 calories, 14g fat (3.6g saturated), 25g carbs, 39g protein, 4g fibre, 403mg sodium

# Crazy for coconuts

**We round up eight of the most delectable brands of UHT coconut water in the market.**

A pack of UHT coconut water is something of a fashion accessory in Hollywood now, but that's not the reason we're endorsing the drink. Coconut water is a good post-workout beverage because of its high content of naturally occurring electrolytes. Of course, it may not contain as much sodium as a sports drink, but it tends to be higher in potassium, a mineral essential for many bodily processes. Plus, it's free of caffeine and other additives. And while we all love sipping from a fresh nut, nothing beats the convenience of UHT packs, so here are our top picks after sampling more than 10 brands.



## 1 UFC Refresh Coconut Water

(\$1.75 for 500ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
25kcal, 6.3g carbs, 3.5g sugar, 0.1g dietary fibre, 19mg sodium, 214mg potassium, 15mg calcium, 7mg magnesium, 7.4mg phosphorus



## 2 Cocomax 100% Coconut Water

(\$1.65 for 500ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
20kcal, 4.8g carbs, 4.8g sugar, 8g sodium, 237mg potassium, 14mg calcium, 8.8mg magnesium, 13mg phosphorus



## 3 Just Picked Coco Water

(\$2.50 for 330ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
18kcal, 2.9g carbs, 2.9g sugar, 22mg sodium, 218mg potassium, 17mg calcium, 8.5mg magnesium, 12.1mg phosphorus



## 4 Yeo's Coconut Juice Drink

(85 cents for 300ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
40kcal, 9g carbs, 8.7g sugar, 20mg sodium



## 5 Tipco 100% Coconut Water

(\$3.85 for 1 litre)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
23kcal, 0.2g protein, 5.6g carbs, 5g sugar, 18mg sodium, 174mg potassium



## 6 Coco Life Coconut Water

(\$1.50 for 330ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
20kcal, 0.1g protein, 0.1g total fat (0.1g saturated), 4.6g carbs, 3.9g sugar, 40mg sodium, 122mg potassium, 18mg magnesium, 9mg phosphorus



## 7 Vita Coco Natural Coconut Water

(\$1.90 for 330ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
18kcal, 4.5g carbs, 4.5g sugar, 40mg sodium, 8mg calcium, 185mg potassium, 11mg magnesium, 9mg phosphorus



## 8 Ice Cool Young Coconut Juice With Pulp

(\$1 for 300ml)  
Taste test ●●●●●  
Refreshing factor ●●●●●

\* **Nutrition score (per 100ml)**  
39kcal, 0.1g protein, 0.2g total fat, 9.2g carbs, 9g sugar, 24mg sodium

All drinks available at Cold Storage. Read more at [www.bit.ly/shape-coconutwater](http://www.bit.ly/shape-coconutwater).



# Look Great

BE AT YOUR MOST GORGEOUS!

## Yes, it's legit!

We've all put faith in waterproof eyeliners before and ended up with streaks down our cheeks. So why should you believe that **Benefit They're Real! Push-up Eyeliner** (\$40 each, Sephora) would be any different? Well, the 24-hour stay-put gel liner in a pen, which comes in blue, black, brown, and green as well as purple, held on tight through a pilates class, a swim, and a night of dancing. Trust us. This is by far the most splash-, sweat- and party-proof eyeliner yet!



## Radiant skin

*Super-concentrated solutions make it possible to look younger, healthier and smoother than ever. And where do you find them? In treatment essences – the water-like toners that are an integral step in Korean skincare routines.*

*After you cleanse, pat one like **DCS Nutriderm Ultra Nutrition Toner** (\$33.50, Watsons) all over your skin. It has mineral-rich volcanic seawater and Korean ginseng berry extracts to give you a youthful glow.*



## MAKE WAVES

To score beautiful, “I woke up like this” waves, try this quick trick: Shampoo before bedtime, then weave damp hair into one low, loose braid (or two for tighter waves). In the morning, unbraid, muss with your fingers, spritz on a shine-enhancing spray, and voila!



## SMILING BRIGHT

An easy way to make your teeth appear whiter is to use a blue-based red lipstick, like **Dior Addict Lipstick in 951 Too Much** (\$48). The shade contrasts with the yellow of your teeth (the hues are on opposite ends of the colour wheel), making them look whiter.



# 3 out of 5

The number of collagen-based products that men buy online. Who knew?

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# Better than basic

*After a good cleanse, always refuel your skin with a good moisturiser.*

**E**very skin type needs hydration, and using a moisturiser is one of the best ways to keep yours plump, healthy and younger-looking. The ideal time to apply one of the powerful new hydrators here is while your skin is still damp from a shower or cleansing. The moisture helps pull the product in more easily.

**1 Bio-essence Face Lifting Cream Extra Strength Royal Jelly + ATP** (\$55.90, leading pharmacies) Containing ingredients to boost circulation and nourish skin, this promises to sharpen your jawline and soften the appearance of wrinkles.

**2 Bottega Verde Goji Perfect SPF15 Anti-Ageing Day and Night Face Treatment 35+** (\$59.90) The star ingredients – hyaluronic acid, pro-retinol and goji extract – in this smooth, velvety cream protect against free radical damage and premature ageing.

**3 Shiseido Bio-Performance Glow Revival Cream** (\$150, Robinsons The Heeren) Featuring a new technology that's said to speed up cell renewal, this is said to brighten your complexion in just one week.

**4 SK-II R.N.A. Power Radical New Age Cream** (\$149, Tangs at Tang Plaza) It claims to target 10 different signs of ageing and boost

collagen production for plumper, younger-looking skin. You should be able to see a difference in just 10 days.

**5 For Beloved One Hyaluronic Acid Moisturizing Surge Cream** (\$95, Sephora) Once applied, the cream becomes light and watery – and forms a protective layer over skin to lock in moisture.

**6 Philosophy Renewed Hope In A Jar Overnight Recharging & Refining Moisturizer** (\$65) An extract from the myrothamnus flabellifolia, also called the resurrection plant that thrives in extreme conditions, is said to enhance cell renewal while you sleep. **Q**



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## 5 questions for dermatologist **Dr Macrene Alexiades-Armenakas**

*Lancome's consulting derm has the answers to your most pressing skin issues.*

● **Why can't I find a body moisturiser that's hydrating enough for me?**

You might not be using it right. Your skin should be damp when you apply a hydrator. It acts as a shield, trapping the water inside, so timing is everything. Right after you pat your skin with a towel, apply the lotion or cream. And you don't have to slather on a thick layer. This is a misconception. Smoothing a small amount onto damp skin will work better than an entire bottle of lotion on skin that's already dried out.

● **I've got sensitive skin. Besides over-scrubbing, what else should I stop doing?**

Washing your face with hot water – it causes blood vessels to dilate. Over time, the capillaries will break and your face will stay red. Switch to lukewarm water, then moisturise with soothing ingredients, like chamomile, and ones that encourage blood vessels to constrict, like caffeine.

● **I have acne and rosacea. Do I just have to live with them forever?**

Good news and bad news. Rosacea is treatable, but we've yet to find a cure for acne. With either, whenever you have a

breakout, stop and think about what you're been doing for the past three days. For example, histamine-releasing foods, like bananas and avocados, worsen rosacea. If you figure out your triggers, you can avoid them.

● **I sleep in my makeup – often. How big a deal is it really?**

It's such a big deal that I'd be able to tell that you do this just by looking at you. The makeup sits in your pores, creating plugs that become pimples. Also, your cells can't rejuvenate at night if they're busy fighting off the toxins accumulated on your skin. The answer: Simply wash your face!

● **My workouts are causing body acne. What can I do?**

Lately, I've seen a lot of patients with exercise-induced body acne and folliculitis

– red bumps or whiteheads – most often caused by the bacteria from gym machines and mats. A cursory wipe of the equipment isn't enough to kill bacteria, and skipping a shower allows the bacteria to fester. As soon as you finish your workout, hit the shower. Also consider rinsing with a salicylic acid formula too.

● **What's your beauty routine?**

I am a firm believer – and living proof – that skincare products can make in-office procedures and surgeries obsolete. Not that I'm averse to getting cosmetic treatments, but I haven't needed them so far. I wash my face and immediately apply moisturiser, both in the morning and when I get home from work. If my eyes are puffy, there's nothing stronger on the market than **Lancome Advanced Genifique Yeux Light-Pearl Eye Illuminator Youth Activating Concentrate** (\$110). It reduces puffiness in seconds. ■

**“If you get a pimple, act fast. A blemish has 200 to 1,000 inflammatory cells. If it spreads to 10 blemishes, there are up to 10,000 cells, which take a lot longer to control.”**



# BRING THE HEAT

*These keep you gorgeous  
no matter how hot and  
humid it gets.*

BY KATE SANDOVAL BOX & DAWN CHEN  
PHOTOGRAPHY ARTHUR BELEBEAU

HAIR RODNEY GROVES/RAY BROWN PRO  
USING ORIBE HAIR CARE  
MAKEUP FRANCES HATHAWAY/JUMP  
MANAGEMENT USING NARS AND CLARINS  
MANICURE SANDRA HOPP/JUMP  
MANAGEMENT USING CHANEL  
SET DESIGN JARED LAWTON/APOSTROPHE

### Weightless makeup = glowy skin

When your body temperature climbs, foundations can slide and powders cake up. Ditch heavy-duty makeup for sheerer, water-based formulas like **Shu Uemura Skin:Fit Cosmetic Water Foundation** (\$68) that tend to perform better under the sun. "As you warm up, they sink right in, creating a natural, featherweight finish," says US-based makeup artist Sarah Lucero.



### Sun-cured polish for a stronger mani



Gel polish, the champ of long-lasting glossy manicures, now has another thing going for it: an improved at-home formula. **Sally Hansen Miracle Gel** (\$16.90, Watsons) lets you swop the LED lamp for drying in sunlight. Paint on two coats of colour, then the gel topcoat, and head outside. Within 10 minutes, your polish will harden to give you fab, nick-free nails – it won't smudge if you ding a nail – for more than a week.





### Potions for shinier locks

Heat exposure quickly fades hair colour, making strands look dull and washed-out.



Prolong your dye job by using products with UV filters like **Aveda Color Conserve Daily Color Protect** (\$48) before you

head outside. Also maintain shine and softness by deep conditioning with a mask twice weekly too.

# Sweat-proof your hair

*These chic styles by top US hairstylists stand up to whatever routines you do.*

## 1 *Swimming*

**YOU NEED** Hair you can slide a swim cap over, without getting a funky conehead bump.

**THE PERFECT STYLE** Tucked-up braids, say Lumi and Liri Pelinku, hairstylists for Paul Labrecque Salon and Spa in New York City. Divide hair down the middle. Create two low braids at the base of your neck; secure each one with an elastic band. Grab the end of the right braid, pull it across the back of your head, and secure with pins near your left ear. Repeat on the other side, crossing the left braid over the right.

## 2 *Cycling*

**YOU NEED** Something that fits under a helmet but keeps your neck cool.

**THE PERFECT STYLE** Twisted mini buns, say Lumi and Liri. Divide hair down the middle. Twist one side at the base of your neck until it starts to naturally form a roll. Then twist the rolled section until hair is in a tight bun, and secure with an elastic band. Repeat on opposite side.



### 3 Crossfit

**YOU NEED** Slick and secure hair that won't fall out during tough moves like double unders and kettlebell swings.

**THE PERFECT STYLE** A bunched pony, says Josie Nevarez from Chicago's Maxine Salon. Secure hair tightly in a high ponytail. Add a smaller elastic band a few centimetres below the base. Slightly bunch hair in the section. Continue adding elastic bands 5cm apart and bunching hair until you reach the end.

### 4 Yoga

**YOU NEED** Hair that hangs securely during inversions and provides a ponytail-free spot to lie back on for savasanas, so your neck stays aligned.

**THE PERFECT STYLE** Fishtail pigtails, says Jay Jackson, a senior stylist for Dreamdry NYC. Divide hair down the middle; clip one side out of the way. Split the loose section into half. Take a bunch of hair that's 1cm thick from the outside of the left half and cross it over the remaining tresses in the left half to pinch it in with the right half. Repeat on the other side. Continue this all the way down. Secure with an elastic band. Repeat on the other half.

### 5 Dance Cardio

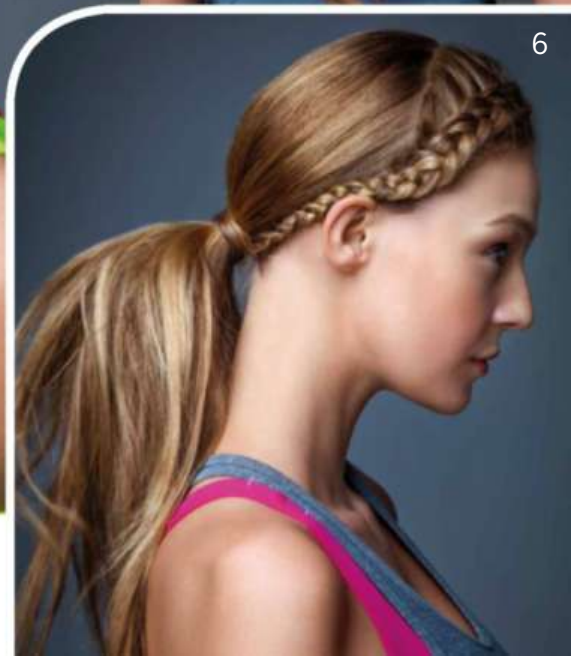
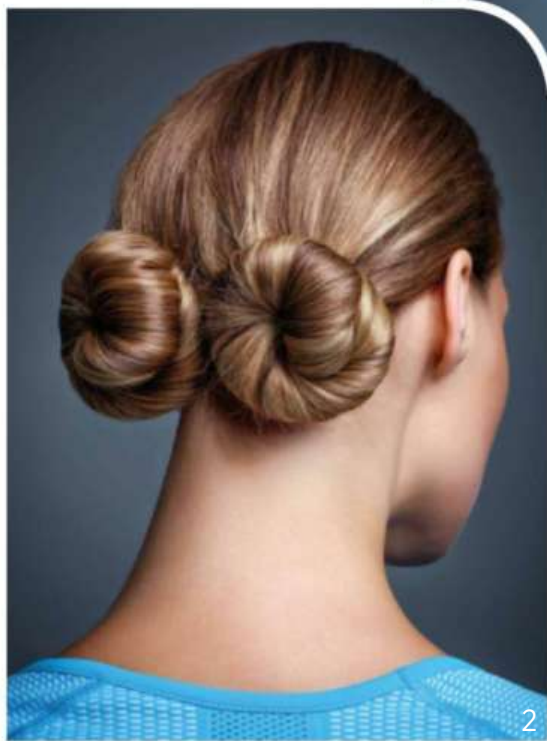
**YOU NEED** A style that keeps hair from sticking to your sweaty face and still lets you whip it around.

**THE PERFECT STYLE** A half-up topsy tail, Lumi and Liri say. Pull the top half of hair into a pony. Divide the hair above the elastic band into half and loosen the band by pulling the pieces apart slightly. With one hand separating the sections, take the end of your pony in the other hand and loop it through the separated section. Pull and tighten it.

### 6 Running

**YOU NEED** To keep tresses out of your face without constant adjusting.

**THE PERFECT STYLE** A braided headband, Josie says. Create a part horizontally from ear to ear to form a 5cm section. Pull the rest into a ponytail. Then create a sideways French braid: Grab a small section above one ear and divide it into three parts. As you braid over the crown of your head, add outer strands to each piece every time you weave it. Continue until you reach the opposite ear. Secure with an elastic band and tuck it into the ponytail. ■



# Can exercise make your skin look younger?

*New research says yes! Here's how your workout can double as your most potent beauty treatment to slow down evidence of ageing.*

**T**hough it sounds too good to be true, exercise keeps your skin looking decades younger. As you work out, your muscles release all sorts of proteins to start the domino effect of your body's response to exercise. Researchers from Canada's McMaster University took a close look at those proteins and were able to pinpoint one in particular – IL-15 (IL is short for interleukin, a class of protein) – that stimulates mitochondria or the powerhouses of skin cells.

The pumped-up mitochondria generate the energy that cells need to do their jobs, whether they're producing plumping collagen or triggering the cell turnover that keeps good complexions looking great. In other words, IL-15 makes the skin cells' mitochondria fitter and healthier, so skin looks and acts younger. Best of all, this priceless IL-15 is totally free! Exercise is the only way to get it.





#### HEADING OUT?

Exercising temporarily lowers the skin's protective antioxidant levels. If you're heading out, apply SPF30 every two hours.

**The magic of IL-15** The Canadian scientists first discovered the IL-15 effect in a remarkable study that was released earlier this year. Comparing the skin of older adults who did moderate-to-vigorous cardio four or more times per week to that of sedentary adults, they found that the skin of exercisers looked 25 years younger – yes, 25!

The key was that the exercisers had higher levels of IL-15. Even more exciting, when the scientists put the sedentary seniors on a light cardio programme, their signs of ageing were partially diminished.

"After just three months, we saw youthening or signs of youthfulness, thanks to a thickening of the dermis (dense inner layer of skin) and thinning of the epidermis (the topmost layer)," says lead author Dr Mark Tarnopolsky, a professor of paediatrics and medicine. A thick dermal layer has lots of collagen, which gives skin a firm appearance. A thinner top layer indicates that the epidermis is constantly being replenished with fresh skin cells.

"The fact that we witnessed these improvements means you can't say that the initial differences observed in the original exercisers' skin were just the result of good genes," he adds.

What's especially reassuring is that if you haven't put in much exercise time in the past, you haven't missed the boat. To be clear, the former couch potatoes in the study didn't magically erase wrinkles by hitting the gym, but even Dr Tarnopolsky was stunned at how little exercise it took for them to reap the skin benefits that could keep them from developing more signs of ageing.

"These people didn't have to do that much. They biked 30 to 45 minutes at a

moderate pace twice a week, and on one other day, we asked them to go for a walk," he says. "I thought the effect would take longer or require more intensity or duration per workout. But, based on what we saw, there's no question that even a little exercise makes skin look younger."

**Other skin-deep perks** As you know, getting your heart thumping faster boosts circulation. This means more nutrients and oxygen reach the skin cells, and your body more efficiently expels the by-products of cell repair and turnover.

"Whenever you increase nutrition to cells, you also increase and improve cellular function," says Dr Mark Herron, a dermatologist in the US. "And if each cell is improved when you exercise, then you are further warding off the ageing process."

Plus, at the same time your level of IL-15 is spiking, your muscles are releasing similar interleukins that stimulate the body's immune system, which can in turn reduce whole-body inflammation. That's a crucial function because inflammation breaks down collagen and can thwart skin repair.

"The term 'inflammaging' was created because inflammation is a key driver of ageing," says Frauke Neuser, the principal scientist for Olay Skin Care. "It can literally exhaust cells because they're constantly responding to the inflammation. Their defence

mechanisms kick in, which prevents them from focusing on the regular functions that keep skin strong and healthy."

In other words, exercise does the dirty work to lift the constant low-grade stress your skin cells could be under without your even knowing it.

#### **The ideal anti-ageing workout**

Any exercise has positive effects on skin, experts say, but research shows that only cardio, not resistance training, generates IL-15. The specific type – walking, jogging, cycling, swimming – doesn't seem to matter.

As the McMaster University study on seniors suggests, intensity may not be that important either. "I think there is a ceiling effect on how much IL-15 your skin cells can use, and we were close to it. The skin really looked much younger, and you cannot get younger than young," Dr Tarnopolsky says.

If you're worried that pounding the pavement on runs stresses skin's elasticity and causes sagging, don't be. The small amount of G-force the skin endures may actually help ward off wrinkles. "That little bit of intermittent stretch in skin could stimulate repair mechanisms and trigger collagen growth," Dr Tarnopolsky says.

As for breasts, what leads to sagging is not high-impact exercise – a good sports bra can provide the necessary motion control to neutralise the stress – but the gradual loss of elasticity in their inner support system, namely fascia and Cooper's ligaments.

Bottom line: All you have to do is move. "When you see an older person and go, 'Wow, you look so good,' it's probably one of two things," Dr Tarnopolsky says. "Either they've paid a lot of money for plastic surgery and collagen injections, or they exercise." ■

## BOOST SKIN FROM THE OUTSIDE IN

**Immediately after a workout, your body focuses more of its energy on recovery than on skin cells, making skin less able to take full advantage of youth enhancement creams. Wait a few hours before applying anything.**

Look Great



# HALLYU FEVER

RIDE THE KOREAN  
WAVE WITH THESE  
INSPIRED LOOKS.

Styling **RANDOLPH TAN**

Photography **WINSTON CHUANG**

Xoori feather-embellished  
cropped top, \$199, from  
Society A. Aland 3.3  
Field Trip slacks, \$89.90,  
and mesh bucket hat,  
\$32.90, from Zalora.  
Belt, stylist's own.





Basic House top, \$89,  
and H:connect collared  
blouse, \$49, from  
Robinsons The Heeren.  
Lie skirt, \$479, and  
Spur platforms, \$119,  
from Society A.  
Mini Milla tote, \$1,150,  
from MCM.

Kleeaisons pussy  
bow blouse, \$49.90,  
and asymmetric skirt,  
\$54.90, from Zalora.  
Xoori jacket, \$469,  
from Society A.



L'oiseau feather-embellished top, \$269, Xoori sequinned mini skirt, \$289, and Spur boots, \$149, from Society A. Studded Diamond Disco Shoulder bag, \$1,960, from MCM. Fishnet stockings, stylist's own.



Look Great

Headline Seoul top, \$59, from Zalora. Basic House denim culottes, \$215, from Robinsons The Heeren. Spur woven platform wedges, \$119, and Imsoyoung Seoul shoulder bag, \$339, from Society A. Socks, stylist own.





Jucy Judy baseball tunic, \$129, and H:connect mesh bomber jacket, \$59, from Robinsons The Heeren. Sunglasses, stylist's own.

Look Great

Lie top with mesh collar, \$349, and Spur boots, \$149, from Society A. Kleeaisons romper, \$59.90, from Zalora. Socks and scarf, stylist's own.





Jucy Judy top, \$99,  
from Robinsons The  
Heeren. Lie metallic print  
shorts, \$289, from Society  
A. Bionic leather backpack,  
\$1,960, from MCM.  
Stockings, stylist's own.

ART DIRECTION **RAY TICSAY**  
STYLING ASSISTANT **ONG JOLLIN**  
HAIR **MANISA TAN/PALETTEINC, USING BED HEAD**  
BY **TIGI & LA BIOSTHETIQUE**  
MAKEUP **GREGO, USING URBAN DECAY**  
MODEL **JI MIN/MANNEQUIN**



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**3WIN** A SPA INFINITY PACKAGE WORTH \$1,059 (Nine sets to be won)

This package consists of a spinal check and chiropractic treatment worth \$224.70, a Classic Skincare Facial with Eye Treatment (60min) worth \$203.30, a 3D Tripolar RF Treatment (30min) worth \$374.50 and a Cocoon Hydrating Face Spa (60min) worth \$256.80.

*\*Only applicable for two-year subscription.*

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#### 4 WIN A SPA SYMPHONY FACIAL PACKAGE WORTH \$1,327 (Nine sets to be won)

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#### 5 WIN A SKINPERFECT AESTHETIC LIPOCAVITATION AND A HAMPER WORTH \$988 (10 sets to be won)

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#### 6 WIN A PURESENTIEL LIFESTYLE HAMPER WORTH \$1,003 (Nine sets to be won)

Puresentiel specialises in the design and creation of aromatherapy products, as well as natural and organic cosmetics which have essential oils and the purest natural ingredients.

#### 7 WIN A CNP LABORATORY HAMPER WORTH \$1,000 (Nine hampers to be won)

This Korean skincare brand offers you a hamper with a host of goodies that includes a Daily Peeling Foam, two Blackhead Clear Kits, a Cleansing Perfecta, as well as toner, serum, moisturisers, sun care and much more.

#### 8 WIN CLS TOUCHE SKINCARE SERVICES WORTH \$1,053 (Nine sets to be won)

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#### 9 WIN A NUXE BEAUTY HAMPER WORTH \$1,002 (Nine sets to be won)

Founded in 1957 by a pharmacist with a passion for aromatherapy and phytotherapy, Nuxe is now one of the best-selling natural cosmetology brands in French pharmacies.

#### 10 WIN A HOMEWARE SLIM CERA SET WORTH \$626 (15 sets to be won)

The Slim Cera Roller is a handcrafted beauty gadget whose rollers can help to exfoliate your skin and cleanse your pores. And the Slim Cera Lotion is an anti-ageing product that firms and moisturises.

#### 11 WIN A DR YOUNG SKINCARE HAMPER AND CASH VOUCHERS WORTH \$1,000 (Nine sets to be won)

The hamper consists of Illumination Whitening Serum, Whitening Double Tone Up Cream, Bamboo Blooming Booster, Nourishing Rain on Dry Skin Mask, Refreshing Spring Showers Mask, Clear and Glowing Sky Mask, Complete Color Cushion SPF50+/PA++ with refill, Pore Eraser Balm, eye gel, Deep Clearing Clay Mask, UV Cut and Ultra Light Suncream, Pore Syok-Syok Cleansing Gel and \$500 in vouchers.

#### 12 WIN A SET OF TARA BLISS THE GRAND LUXE FACIAL AND GRAND LUXE BODY TREATMENT WORTH \$1,041 (Nine sets to be won)

This set includes a Grand Luxe Facial worth \$618 and a Grand Luxe Body Treatment worth \$423.

#### 13 WIN A SPA ELEMENTS PACKAGE WORTH \$1,274 (Nine sets to be won)

The package includes a TCM Qi Meridian Wellness Therapy (30min), 3D Vacuum Dermology (30min), an LPG Classic Facial (60min), and a spinal check and chiropractic treatment.

Get Her World, Female, Simply Her, Shape and Nuyou delivered to your doorstep every month. Subscribe to any of these magazines at the fair and bag one of the fantastic subscription gifts\* listed here. While stocks last.

Terms and conditions apply.

*\*Only for the two-year subscription plan. Which of the gifts listed here you will receive depends on the products available at the time.*

**Venue:** Raffles Place Xchange  
(Level B1 Raffles Place MRT Station)

**Dates:** Nov 16-20 **Time:** 10am-7pm



## SUBSCRIPTION GIFT LIST

### 1 SHU UEMURA MAKE-UP INDULGENCES WORTH A TOTAL OF \$175

*Metal:ink, Cream Eyeshadow and Multi-concealer Palette.*

Enjoy using some of Shu Uemura's newest products! Conceal skin imperfections with the multi-concealer palette, experiment with the silky-smooth cream eyeshadow and add a pop of colour to your eyes with the Metal:ink.

### 2 MA CHERIE HAIR PRODUCTS SET WORTH \$151

*Air Feel Shampoo (200ml), Air Feel Conditioner (200ml), Moisture Shampoo (500ml), Moisture Conditioner (500ml), Moisture Treatment (180g), Aqua Dew Energy EX (120g), Hair Oil (60ml), Hair Fragrance (100g) and Body Shampoo (600ml)*

Ma Cherie's hair products care for your tresses in the most luxurious way, as they're formulated with Champagne Honey Gelee to protect against environmental free radicals and oxidative stress, retain moisture and add shine!



The first 50 subscribers each day will receive a mystery door gift worth up to \$100.





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### 3 TSUBAKI HAIR AND SCALP PAMPERING SET WORTH \$155

*Tsubaki Head Spa Sparkling Serum (130g), Extra Moist Shampoo (500ml), Extra Moist Conditioner (500ml), Extra Moist Treatment (180g), Shining Water (250ml), Damage Care Hair Emulsion (100ml) and Hair Oil (60ml)*  
The Tsubaki Extra Moist range boosts hair moisture for up to eight hours to keep tresses and scalp in good condition. And the brand's signature hair oil enriched with a high concentration of camellia oil helps to repair damaged hair and improve its shine.

### 4 PHYTO SCALP-CARE AND HAIRCARE WORTH A TOTAL OF \$150

*Phytociane Treatment (6x7.5ml), Phytovolume Shampoo (200ml), Phytokeratine Mask (50ml) and Phytovolume Actif Spray (50ml)*  
Phyto, which is Greek for 'derived from plants' is a pioneer in merging active plant botanicals with modern science to restore your hair's beauty and condition. Its naturally derived formulas are packaged in 100 per cent recyclable containers such as glass and aluminium, reflecting its 40-year-old philosophy of respect for hair and nature.

### 5 RALPH LAUREN ROMANCE EDP (100ML) WORTH \$149

Ralph Lauren Romance is a fragrance that captures the timeless essence of falling in love. Created for the woman who believes in true love, affection, warmth and togetherness, it combines the sensual essence of velvety woods, extravagant florals and seductive musk.

### 6 SALON INFINITY HAIR TREATMENT WORTH \$150

This treatment features a high-touch massage with an aromatherapeutic essential oil blend, serums and activators that aim to bring balance to your scalp so your hair can grow in a healthier environment.

### 7 SPA INFINITY BEAUTY PRODUCTS AND SERVICES WORTH A TOTAL OF \$224

*Customised Botanical Facial (75min) and Botanica Essence gift set from Nature Touch*

Using nature's finest ingredients, such as centella asiatica, fenugreek and

rosemary, this treatment (worth \$195) is said to stimulate collagen production so your skin looks younger and glows. You'll also get a Botanica Essence Gift Set from Nature Touch (worth \$28.80) containing shampoo, hair conditioner, bath and shower gel and body lotion (30ml each).

### 8 ZA TRUE WHITE EX SET WORTH \$155

*True White EX Cleansing Foam, True White EX Exfoliating Clay, True White EX Toner, True White EX Essence Lotion, True White Night Cream, True White Emulsion, True White EX Power Block UV and True White Day Protector*

Za's True White EX range has Whitening 4MSK and vitamin C. The highly moisturising, brightening, gentle skincare helps to lighten dark spots and evens out skin tone for a translucent complexion.

### 9 TRILOGY SKINCARE WORTH \$176

*Organic Rosehip Oil (45ml), Lip Treatment (7ml) and Hydrating Mist Toner (150ml)*

Simple. Pure. Vital. These three words are the foundation and core of everything that Trilogy does. Its products are created from simple, unique blends of the purest natural plant oils and botanical extracts working in harmony to restore and maintain the natural vitality and radiance of skin.

### 10 SPA SYMPHONY SKINCARE & SYMPHONY CHIROPRACTIC SERVICES WORTH A TOTAL OF \$295

The package consists of a spinal check and chiropractic treatment worth \$210 and a Skin360 Sunblock (50ml) worth \$85.

### 11 MAKE UP STORE PRODUCTS WORTH A TOTAL OF \$195

*Splash Swirl Body Lotion, Eyedust, Microshadow, Nail Polish, a \$20 voucher redeemable for foundation only and a \$50 makeover voucher*  
Create stunning eye makeup with ultra-fine, high-pigment Microshadow which gives you long-lasting results, and accentuate your eyes further with the pigment-rich, loose-powder Eyedust. Add a pop of colour to your digits, and splash on some deliciously fruity body lotion. Check out Make Up Store's other quality products and its makeup lessons too.

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## SUBSCRIPTION GIFT LIST

### 12 SKINFOOD SKINCARE HAMPER WORTH \$150

Parsley & Mandarin Cream, Citron Scalp Care Conditioner, Fresh Apple Smooth Pore Cream, Honey Black Tea Cleansing Foam, Gold Caviar Mask Sheet, brush, Premium Lettuce & Cucumber toner and moisturiser, Rose Shower Perfumed Body Wash (50ml), Rose Shower Perfumed Body Milk (50ml)

Skinfood is the first modern cosmetics brand whose products are rooted in food, as it believes that nutritive food ultimately results in healthy, beautiful skin.

### 13 GREGORY SUNDOWNER SHOULDER TRAD BLACK SLING BAG WORTH \$159

This shoulder bag has tons of room in the main compartment and pockets, and gives you the option of attaching accessory carriers to the exterior for additional space and modular styling.

### 14 ESTETICA SKINCARE SET WORTH \$154

Activcalm Moisturizing Cream (30ml), Facial Cleansing Wipes (50pcs/pack) and a \$50 gift voucher (redeemable for services at Estetica outlets)

Estetica is a multi-award-winning beauty brand that offers a wide range of treatments and skincare products, formulated to push the boundaries of efficacy and meet the unique needs of Asian skin.

### 15 REEBOK EASYTONE STEP WORTH \$299

Inspired by the effectiveness and success of its Easytone Moving Air Technology, Reebok has added balance pods to its step platform to create a revolutionary cushioned step board that enables you to go through a great variety of training for aerobics, strength and flexibility.

### 16 PETER THOMAS ROTH POWER C SKINCARE SET WORTH \$315

Camu Camu Sleeping Mask (30ml), Chamomile Cleanser (57ml),

Cucumber Serum (15ml) and Camu Camu Vitamin C Facial Treatment  
Discover the Power C skincare set and experience the power of camu camu, camomile and cucumber.

### 17 LANEIGE WHITE PLUS RENEW BEAUTY SET WORTH \$155

Collagen Drink (10 bottles), Clear C Advanced Effector (150ml) and Laneige White Plus Renew five-piece travel kit

The Laneige White Plus Renew range uses Laneige's advanced Melacrusher technology, which brightens skin tone and intensively hydrates to give your complexion a natural radiance.

### 18 SPA ELEMENTS FACIAL TREATMENT AND SKINCARE WORTH A TOTAL OF \$280

Spa Elements' tailored rose musk facial treatment (worth \$195) is enriched with antioxidant rose complex to hydrate skin and make it look more radiant. You will also get a Skin360 Sunblock (50ml) worth \$85.

### 19 SPA CEYLON PEACE LEMONGRASS SPA INDULGENCE SET WORTH \$150

Bath & Shower Gel (100ml), Bath & Massage Oil (100ml), Hand & Body Lotion (100ml), Body Scrub (100ml), Cleansing Bar (35g), Calming Balm (8g), Natural Reed Pouch and a \$20 voucher (redeemable in-store at #01-43 Wisma Atria)

Spa Ceylon offers a fine selection of indulgent Ayurvedic home spa formulations to de-stress and calm the body and mind.

### 20 GOODAL SKINCARE SET WORTH \$153

Skin Mist (40ml), Creamy Plus Hydrating Cream, Pore Tightening Gel, Phytowash Yerbamate Bubble Peeling (50ml) and Super Seed Oil Plus Gift Set (2x20ml+5ml)

These Goodal products use the brand's latest patented Raw Seed Fermentation Technology, which harvests the benefits of





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nutritious seeds and breaks them down for easier absorption. The Goodal Oil Plus range is created with seven fermented super seed oils, combined with red yeast, for firmer and brighter skin.

**21 SKINPERFECT TREATMENT WORTH \$688**  
*Alchemy Aromatic Body Therapy (choose from among 15 essential oils for use during the treatment) and a \$300 voucher*  
Indulge in body relaxation and focused detox treatments that are meant to help your body improve its healing ability.

**22 TUMI PACKING CUBE IN ATLANTIC BLUE WORTH \$170**  
Frequent fliers will love how this lightweight packing cube lets them organise all the essentials for their regular trips.

**23 BIODERMA SKINCARE HAMPER WORTH \$150**  
*Sensibio H2O (100ml), Sensibio Toner (250ml), Hydrabio Serum (40ml), Photoderm Max Dry Touch SPF50+ (40ml)*  
Specially formulated to cater to various skin types, Bioderma skincare products are alcohol-free, fragrance-free, paraben-free, hypoallergenic and non-comedogenic.

**24 KLARITY SKINCARE SET WORTH \$150**  
*Lasertox Miracle White CC Lotion (100ml), Lasertox V-line Shape Up treatment, Lasertox V-line Slim Up mask and a cosmetics pouch*  
The CC Lotion is a fuss-free treatment that provides 11 benefits in a single product, including instant brightening and sunscreen protection of SPF30/PA++. The V-line Shape Up is a five-day intensive treatment said to burn away excess fats around the chin and jaw to give you a more contoured jawline. The two-step V-line Slim Up mask targets saggy skin around the chin and claims to give your face an instant lift.

**25 JOHN PAUL MITCHELL SYSTEM (THE LAU NETWORK) WORTH \$160**

*Rare Oil Replenishing Shampoo and Rare Oil Treatment*  
This line of luxury haircare harnesses the power of rare, natural marula oil. The oil used in these products is in its purest form and of the highest quality, with 50 per cent more protective antioxidants than argan oil.

**26 SKINPERFECT SCULPTING PROGRAMME WORTH \$888**  
*Seven-day Sculpting Programme, a \$300 voucher and cooler bag with goodies worth \$300*  
This programme claims to help you lose a dress size in seven days. It uses Skinperfect's award-winning Spot Reduction System, which features the Adipose Burn and Celluslim treatments.

**27 JUNE JACOBS MASK PARADE SET WORTH \$310**  
*Pore Purifying Mud Masque (15ml), Mandarin Moisture Masque (15ml), Papaya Purifying Enzyme Masque (15ml) and Papaya Enzyme Facial Treatment*  
Awaken tired skin with the Mandarin Moisture Masque; moisturise and firm with the Papaya Purifying Enzyme Masque; and refine your complexion with the Pore Purifying Mud Masque.

**28 THE NORTH FACE W RECON BLACK BACKPACK WORTH \$166**  
This lightweight women's backpack from The North Face is a top-rated daypack with a 25-litre volume in which you can efficiently organise your daily gear. It holds most 15-inch laptops and comes with a protective tablet sleeve. A chemise back panel feels soft against exposed skin.

**DON'T MISS OUT ON THESE GREAT DEALS! SEE YOU AT THE SUBSCRIPTION FAIR!**

# Spotlight



## EASY BURN

Wouldn't it be great if you could torch calories without relying solely on strenuous cardio classes? MBT's new Gore-Tex engineered shoes have a patented curved sole that cushions your feet against shock and promotes a gentle, rolling movement to help keep you active – even when you're stationary or casually strolling – without tiring you out. The functional, waterproof mesh design also gives you serious street cred.

Priced from \$229, the new range is available at these MBT store locations: #02-178 Marina Square, #04-12 Paragon and #01-471 Suntec City Mall.



## ABS-OLUTELY FIT

If you've been training hard to achieve a well-defined silhouette, you may actually be able to accelerate that process with AIBI's SixPad Body Fit.

It focuses on the waist, arms and legs, and uses Electrical Muscle Stimulation (EMS) technology to directly stimulate and exercise the targeted muscles for a toned body.

Developed in a collaboration with footballer Cristiano Ronaldo, the SixPad Body Fit, \$229, is available at all AIBI outlets.



## DRINK FOR YOUTHFULNESS

If plain water is too bland, consider fortified drinks like Yeo's Pink Dolphin apple flavoured drink enriched with marine collagen, which is said to boost collagen production, so your skin is firmer and younger-looking.

Available in 500ml PET bottles at major supermarkets and convenience stores, you can even use this refreshing beverage in cocktails and desserts.



## BEAUTY BOOSTER

Said to boost enzyme production in skin cells, new Orbis Warm Up Serum Oil Cut primes your skin to fully absorb the nourishing properties of any product you apply afterwards.

Priced at \$65 for 25ml, the serum is available at these Orbis store locations: #01-46 Junction 8, #03-76 Plaza Singapura, #02-18 Westgate and Robinsons.



## SHAKE IT UP

Yo-yo dieting and skipping meals is not only unhealthy, but can also cause your energy levels to plummet. Ulti Trim's Nutritional Diet Shakes are said to be the perfect meal supplement to support your diet plan and boost your well-being while helping you to burn energy.

Packed with protein, fibre and trace antioxidants, they contain less than 150 calories each, and are a rather tasty way to shed those kilos as they come in flavours like Japanese Matcha and Valrhona Chocolate.

Priced at \$48 for a box of seven sachets (one for each day of the week), Ulti Trim Nutritional Diet Shakes are available at John Little, Nishino Pharmacy, Pan Derma Clinique (Great World City), Pharmex Healthcare, Phillip Wain, and Robinsons, as well as premium TCM outlets and selected medical clinics.





### FASHIONABLY FIT

Stylish workout togs can be a big motivation when it comes to adopting an active lifestyle. Vivre Active Wear's designs – best for medium-impact activities, like gym work, yoga and pilates – are made with a soft, moisture-wicking, quality stretch fabric, so you get a comfortable workout every time.

Priced from \$40 to \$60, Active Wear is available at #02-04A JCube and #03-111B Far East Plaza, as well as online at [www.vivreactivewear.com](http://www.vivreactivewear.com).



### IN THE SPIRIT OF THE SEASON

For your next party, try this refreshing, non-alcoholic people pleaser that uses Yeo's Ice Lemon Tea: Wet the rim of a tall glass and dip it into a tablespoon of sugar. Add ice, four sliced strawberries, and one can of Yeo's Iced Tea Lemon (330ml).

Garnish with a lemon slice, a whole strawberry and some basil leaves. Two others to try are Green Tea Jasmine and Iced Tea Peach.



### NATURAL BEAUTY

Hydrate and firm your skin while reducing the appearance of pores with these unique hydrogel masks from Faith In Face with natural extracts such as vegetable collagen, essential oils and vitamin E. Free of parabens and mineral oils, all are gentle on the skin as they target different concerns.

Priced at \$14.50 for a pack for three sheets each, Miss Invisible Pore, Hold Me Tight, After Shower Look, Nourish Me, and Black & White Film Star are only available at Watsons.

Enjoy 20 per cent off a pack from now till Nov 4.

### FIT & FABULOUS

Now is as good a time as any to get your fitness regime back on track with Amore Fitness & Boutique Spa, which celebrates its 30th anniversary this year.

Committed to encouraging you to attain a healthier lifestyle and reach your fitness goals, it is offering you the opportunity to kick-start an exercise programme with a complimentary one-day fitness pass worth \$40.66.

Visit [www.amorefitness.com](http://www.amorefitness.com) to redeem your pass for use at the Amore Fitness & Boutique Spas in Bugis Junction, Heartland Mall, Jurong Point, Plaza Singapura, Tampines 1, The Seletar Mall, The Star Vista, Thomson Plaza and Woodlands Civic Centre.



### SOLE MATES

Well-designed footwear is a shoe-in for a great performance, whether you're in intensive training or about to conquer your first marathon.

Skechers' new GoRun Ultra Road series of shoes – all perfect running partners – is made with Fitknit, a high-performance yarn that gives your feet proper support.

The perforated insoles and drainage technology system throughout the outsoles allow unrestricted air and water flow, so your feet get a chance to breathe.

Women's shoes are \$199 while men's are \$209 at all Skechers boutiques.



# Spotlight



## TAKEN YOUR C TODAY?

Enjoy better well-being and fight free radicals with a daily drink of YOU.C1000 Vitamin Lemon or Vitamin Orange made from natural ingredients.

Each 140ml bottle holds 1,000mg of vitamin C. Easily absorbed by the body in this liquid form, it is said to help boost overall health, as well as calcium absorption for stronger bones and teeth.

For more details and stockists, visit [www.youc1000.com](http://www.youc1000.com).

## NO LEAKS

When you're on your period, nothing beats knowing that your sanitary napkins offer reliable absorbency and leak-free comfort while you sleep.

This is why we're sure you'll appreciate the new 33cm Sofy Extra Dry Skin Comfort Night Slim Wing pad for heavy-flow times. Its soft cotton top sheet reduces skin contact while the superior absorbency keeps you dry through the night so you feel comfortable and fresh instead of icky.



Priced at \$4.70 for a pack of 10 from major retailers. Sofy Extra Dry Skin Comfort Night Slim Wing pad also comes in the following lengths: 23cm, 26cm and 29cm.

## DIMINISH SCARS

Your frustration with scars due to surgery, burns, bug bites, acne and stretch marks may soon become a thing of the past.

Lighten their appearance with the Remescar Silicone Scar Stick (\$30), which is also said to help accelerate the healing process. In a survey conducted by the Skin Test Institute in Switzerland, participants, who simply ran the stick over areas that bothered them, reported up to 73 per cent improvement in the appearance of scars after eight weeks of treatment.

Another product, Remescar Spider Veins (\$40), reportedly prevents and minimises spider veins. Testers said that after three months, their spider veins were less obvious by up to 51 per cent.

Available at Guardian, Watsons, Unity, Mustafa Centre and independent pharmacies.



## GUILT-FREE FIZZ

After a satisfying workout, you need a refreshing drink that not only hydrates you but fits in well with your well-being and beauty regime.

Ice Mountain's new Sparkling Water Grapefruit and Sparkling Water Lemon are the ultimate, guilt-free (zero sugar and calories!) carbonated indulgences.

Available in 375ml PET bottles at all supermarkets and convenience stores.



## STRETCH IT

With the hectic holiday season just around the corner and upcoming dinner and party invites, maintaining your fitness goals while keeping calm is paramount.

PowerMoves Pilates @ Dempsey Hill has the perfect solution to beating the bulge. The award-winning fitness studio is designed to ensure each pilates class synergises one's mind, body, and spirit.

Just for the month of November, every purchase of a 20-session pilates package entitles you to a chance to win one private session worth \$250, as well as one set of designer workout wear worth \$300. Visit [www.powermoves.com.sg](http://www.powermoves.com.sg) for details.





# BUDDY UP, STAY HEALTHY

Regular physical activity helps us achieve a stronger body and better health overall. In fact, the more we're attuned to our bodies, the quicker we will be able to pick up on signs of disease such as breast cancer – the most common cancer among women here.

With 17 clubs in Singapore and over 300 more worldwide, Fitness First makes exercising convenient by offering a range of workout options to keep you motivated.

Working out with a friend is another great way to stay motivated. According to research by Fitness First and its Fitness Psychologist partner Professor Stuart Biddle, having a supportive training buddy motivates you to push yourself and get the most out of your workouts.

At Fitness First, you can team up with an experienced fitness expert, who will guide you to achieve your goals and build your confidence. What's more, the club is giving you and an exercise buddy a complimentary six-month membership. Now that's motivation! (See details in box.)

## SHAPE NOV FITNESS FIRST SPECIAL

Answer a simple question at [www.shape.com.sg/FitnessFirstNov](http://www.shape.com.sg/FitnessFirstNov) and two readers will each win a Fitness First six-month membership for themselves and a workout buddy.

Plus, one other winner will receive an autographed limited edition pink BOSU Balance Trainer, a workout tool autographed by BOSU Master Trainer Helen Vanderburg.

Contest ends on Dec 10, 2015.

Fitness First's 17 clubs can be found in the Central Business District (seven clubs), the West (five), the East (two), Orchard Road (two), and the North (one).

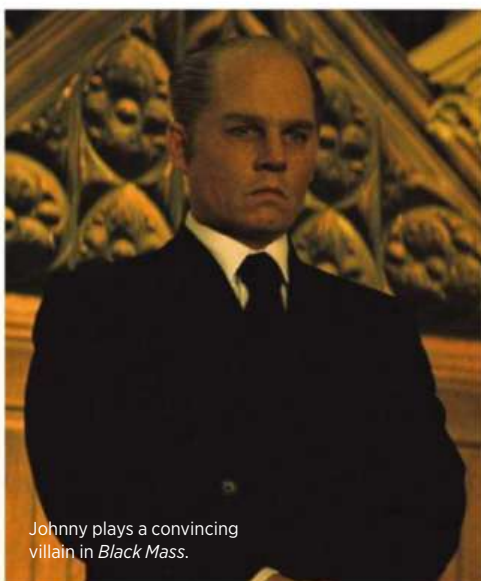
Visit [www.fitnessfirst.com.sg](http://www.fitnessfirst.com.sg) for more information on locations and classes.



<sup>TM</sup>  
**F**  
Fitness First

CHATTING UP...

# JOHNNY DEPP



Johnny plays a convincing villain in *Black Mass*.







TEXT: KAREN ANNE OVERTON. MOVIE STILL: WARNER BROS. SINGAPORE PHOTOS: SHUTTERSTOCK

"Pretty much any drug you can name, I've done it," Johnny Depp famously revealed back in 1988. It has taken him a while to get there, but more than 20 years on, he is an entirely different man today. "My identity crisis is long over. It was something I struggled through as a teenager and in my early 20s," he says.

"Now, if I look back, I'm a flower by comparison. As a young man, I was restless and tormented. Today, my children are my medicine and I'm leading a much healthier life. I have a small island in the Caribbean where I can go to when I want to escape from the world. And, generally, I keep myself happy by playing the guitar, reading and working. I'm at peace with myself."

When Johnny first became a heartthrob in the '80s TV show *21 Jump Street* at 17, he was already a seasoned rebel. An unsettled childhood led to destructive behaviour at a young age. At 14, he was already smoking and taking drugs.

Despite his troubles, the three-time Oscar nominee has always been a prolific and consistent actor, pushing boundaries and making each role his own, from his quirky turn in *Edward Scissorhands* to a huge commercial success as charming swashbuckler Captain Jack Sparrow in

*Pirates Of The Caribbean*.

In fact, dressing up is part of the process that Johnny enjoys most about making movies: "I love being able to change my look and totally hide behind my characters. I hate playing the same kind of guy and I always try to create a unique personality every time I do a film."

In the recent crime noir *Black Mass*, Johnny plays James "Whitey" Bulger (left on opposite page), an FBI informant and one of the most feared criminals in modern American history. Far from the cartoonish capers of Cap'n Jack, this is one of Depp's biggest transformations yet as he plays a man who is truly loathsome.

Fully committed to this role, he dyed his hair grey and shaved it to mimic the hairline of the real-life Bulger. "He's a fascinating character," says Johnny. "I don't think it's like anything I've done before on that level."

Despite his professional success, Johnny's path to true love hasn't always been smooth. In fact, his relationships have been notoriously rocky. He's been engaged several times, including to Winona Ryder and Jennifer Grey. He was also in a committed and rather tempestuous coupling with Kate

Moss before meeting long-term love Vanessa Paradis, with whom he has two children, Lily Rose and Jack.

However, the 14-year romance with Vanessa broke down in 2012 and it is Johnny's most recent partner – actress Amber Heard (above) – whom he credits with finally bringing him peace. "It's an interesting thing when you realise you are at a point in your life where you are able to dedicate your life to one person, and love her as you do your children. She's a wonderful girl and I'm very lucky," he says. The pair wed last year and despite their 23-year age gap, seem incredibly happy.

Johnny's pride for his children overwhelms him with joy. Saying that Lily Rose is a better actor than he is, he adds that he would rather they didn't follow in his footsteps. "They are both great talents. I wish I could shy them away from the entertainment world because it's not going to be easy for them just because of their parents, and the expectations and focus that will be on them. But the kids are going to make the decisions. If that's what they want to do, then it's what they want to do."

Calm, content and handsome as ever, it seems this Tinseltown superstar finally has it all figured out. "Every day, every year that you get a little bit older, you get a little bit wiser. You have an easier, better look at what's going on in your life." ■

## Stockists

### ASICS

#03-141 Marina Square  
(6337-3020)

### BOTTEGA VERDE

#02-454/455 Suntec City Mall  
(6635-3899)

### COLD STORAGE ANCHORPOINT

#B1-03 to 07 Anchorpoint  
(6479-3242)

### ETUDE HOUSE

#B1-20/21/22 Wisma Atria  
(6737-2460)

### LANEIGE

#03-77 Plaza Singapura  
(6238-1570)

### MCM

L1-12 The Shoppes at  
Marina Bay Sands  
(6688-7541)

### MIZUNO

#01-73 Kallang Wave Mall  
(6702-2101)

### NIKE

#01-07/11 Shaw Centre  
(6238-0912)

### PHILOSOPHY

#B2-03A Ngee Ann City  
(6733-9020)

### ROBINSONS THE HEEREN

260 Orchard Road  
(6735-8838)

### ROXY

#01-04/05 Orchard Central  
(6238-6214)

### SEPHORA

#01-05/06 Ion Orchard  
(6509-8255)

### SOCIETY A

Robinsons The Heeren  
(6735-8838)

### TANGS AT TANG PLAZA

310 Orchard Road  
(6737-5500)

### WATSONS

#B2-06 to 10 Ngee Ann City  
(6735-4936)







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INNOVATION NEVER FELT THIS GOOD.



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**GO WALK**  
3

The Skechers GoWalk 3 is made with our latest high-rebound comfort innovation, Goga Mat® Technology.

**SKECHERS Concept Stores :**

Tampines One #03-02 (6260 2190) • Jurong Point #01-16H/16J (6795 7478) • ION Orchard #B2-14 (6884 6567) • Raffles City #03-06/07 (6338 1981)  
Parkway Parade #02-40/41/44 (6346 2556) • The Clementi Mall #04-41/42 (6659 1822) • Lot 1 #02-15 (6767 0434) • Bugis Junction #02-18 (6336 8303)  
NEX Serangoon #01-10 (6509 0802) • Jem\* #03-35 (6734 9678) • Bedok Mall #01-58/59 (6844 9892) • Causeway Point #01-30 (6893 3901)  
VivoCity #02-13/14 (6270 4211) • Takashimaya Shopping Centre #B2-04 (6684 4006)

SKECHERS Kid Store : Tampines Mall #03-06

Outlet Store : Changi City Point #02-42 (6636 1078) Shop in Shop : OG Albert Complex • OG People's Park



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